1992 Original Sedona Method (Release Technique) Seminar Video

Lester Levenson Six Steps , Lester Levenson (The Sedona Method) . Recommended by Wind (Feng 风 / 風 in Chinese) , a well-known student of Lester Levenson’s teaching.

Original Sedona Method

1992

Transcript text of 8 videos

Hale Dwoskin & Nikki Warriner

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The Sedona Method - Release Method participants in 1992 videos

Cheryl Cheryl

Dave

Rodney Rodney

Graig

Mary Mary

Michael Michael

Chris Chris

Greg Greg

Terry

Previous practitioners of the Liberation Law appeared in this session of guided demonstrations.

Cheryl Cheryl

Barbara

Wade

Kathy Graduated in 1991

Jack
Graduate 1991
我能“嗖”地一下释放掉
I was able to release that that fast

Dana

Jack Jack graduated in 1991.

Dana

Terry Kelly graduated in 1991

Original Sedona Release Method 1992 Teaching Video 1

Elliott Grumeer, Md ., Psychiatrist (graduated in 1986):

As a psychiatrist, I've obviously received a lot of formal training, and I've also done a lot of off-the-book, non-traditional training and participated in many self-growth and self-improvement activities. I've found that the Sedona Release Method captures the essence of many self-growth courses: teaching people to let go of their obstacles so they can move forward and become the person they want to be.

I was impressed by the simplicity of the Sedona Release Technique, and by its powerful effectiveness —it truly works. It works because it's a technique of how to apply it; it's not a philosophy, it's practical, teaching you how to do it. It has an enhancing function; whatever you've done in the past , you can apply the Sedona Release Technique to those things, making them even more effective. It's convenient; you can do it anytime, anywhere, and you don't have to wait until the evening to let go of things that are bothering you.

Finally, the effects accumulate, as many people have experienced; over time, the effects of the release method begin to appear. The longer you continue to use the release method, the more powerful its effects will become, if you use it daily.

Penny (graduated in 1989):

The Freedom Method has profoundly changed my life, enabling me to handle greater stress. For example, transitions in work or life , going through divorce, moving out, and leaving my son—my ability to cope

with these things amazes even myself. I know it would have been very difficult without the Freedom Method.

John (graduated in 1992):

You know, I think many people will think: Is this right for me? Will the Santo Na Freedom Method help my life get better? With the proliferation of self-help courses on the market, I'm sure many more questions will enter their minds. I want to say that the Freedom Method helps everyone, it really has many benefits, and I believe that once you learn the Freedom Method, your life will be transformed, just like it has happened to me and the people I 've met . I would definitely recommend it because it's wonderful; it's a beautiful thing.

THE SEDONA INSTITUTE PRESENTS (Produced by Saint-Dona Institution)
Sedona, Arizona : The Release
Technique

Jim McMullan:

Hello everyone, my name is Jim McMullen . I'm glad to welcome you to today's show. I could go on and list all the benefits I've received from the Sedona Liberation Method, but unlike many others, this lesson isn't about what I've gained, but about what I've lost.

It might sound a little strange now, but I've discovered that we must let go of our limitations. Less is more, and fewer limitations lead to more infinity. I've found that when I seriously use this technique, when I let go of unwanted feelings and thoughts, I begin to see my true self. I begin to feel lighter, more energetic, more willing to give, more powerful, more loving, and of course, happier.

I've noticed that the unconscious negativity that has lingered in my mind for years isn't the real me. I am, like everyone else, a very special person, just held back by these thoughts and feelings. Today will be a very special day for you , because the program you're about to attend will show you how to improve every aspect of your life.

Most courses today are based on the premise that you are imperfect and you need to develop yourself into perfection. The Liberation Method overturns this idea. We say that you are already perfect, except for those you are unwilling to let go of. You have no limitations to begin with; what you need to do is release your limitations and become infinite.

We will show you how to break free from the obstacles in your life,

and how to let go of the negative emotions that hold you back . Once you participate in this program, you will begin to experience ultimate happiness, joy, health, and success in life. You will learn how to achieve a state of undisturbed peace, and how to effortlessly possess everything you choose. This course is completely different from any other course you've taken before. Other techniques may teach you how to cope with, manage, or deal with your stress and uncomfortable feelings, but you will learn from these videos how to eliminate them and release them forever.

Needless to say, you live in a challenging era, because the Release Technique can work immediately in any situation, helping you take control of your life, no matter what happens around you. The Release Technique is presented through eight tapes, each laying a solid foundation for the techniques in the next. You need to study all eight tapes and the workbook to fully master the Release Technique. Follow the instructions on the tapes ; they will practically guide you through the learning process.

If you are watching this tape without your own workbook, please stop now and prepare your workbook before you continue. To learn the Liberation Method, you must have your own workbook. We say that the answers to everything you've been searching for are within you, and the techniques you are about to learn will teach you how to do it. You will benefit immensely because these videos have the power to transform every aspect of your life , giving you practical skills that you can use for years to come. Now let me hand you over to Haile DeVoskin, CEO and Training Director of the San Dona Institute.

Hale Training Director, Dwoskin Institute of San Dona :

Good morning and welcome everyone. I'm so glad you could be here this morning. What we'll be doing over the next four days and in the eight parts of the tape is learning a wonderful and powerful way to release those uncomfortable feelings that have been preventing you from having everything you choose.

Back in 1976 , I was in the same situation as you are now. I knew very little about what I was about to do. I had heard a lot of good things about it, but I wasn't really sure what I was going to do. But

as the course progressed, I became open to the process, and to my surprise and delight, it exceeded all my expectations. In fact, that's why I'm still standing here years later. I benefited so much from this course that I decided to help others and tell you about some of my changes.

I lost weight, my relationships improved, I achieved business success, and in fact, every aspect of my life has been positively changed by the Release Technique. What I love most is that the longer I use the Release Technique, the better it gets; the more I use it, the better it becomes. The more you use this technique, the more peaceful you become, no matter what happens around you. So now , no matter what happens in my life, even if it bothers me for a moment, I still have a sense of peace that never leaves me.

For those of you taking this class this morning, and those taking it from home, you will have two additional instructors. Normally, there's only one instructor in class, but for everyone here and those taking it from home, we've invited an extra teacher to teach this course: Nikki Warner, one of our lead instructors. She will also be joining us and presenting some materials. Like me, she will be helping those of you taking it from home to release stress, so I'd like to invite Nikki Warner to the stage to introduce her to everyone, and then I'll have her proceed to the next part.

Nikki Warriner Nicky Warner , Instructor at the Saint-Dona Institution: Good morning, welcome everyone, thank you for being here, and thank you all for coming.

I took this course five and a half years ago in New York. As you may know, I'm not from this country; I'm from the UK. First of all, if there's anything I'm saying that you don't understand or that uses expressions you're not familiar with, please feel free to stop me.

As I mentioned earlier, I took this course five and a half years ago. I was working in the clothing district of New York at the time, and my employer told me about it. When I took the course, I had no idea what was going to happen, but I found that some very profound changes began to occur, almost immediately. I found that this skill began to change every aspect of my life. It began to change the way I worked, it began to change how I saw myself, it began to change the way I communicated and my relationships with people, including new people, and it began to change how I spent time with my family when I went back to the UK.

In fact, I would definitely describe myself as a shy, originally

quite conservative person, but it really helped me break out of that mold. It helped me overcome my inability to open up to people. I started to become more confident, I stopped being afraid of crowds, I started to genuinely want to be with people, I became more open to others , and I was better to myself. The more I used this technique, the stronger I felt about it, and it began to change things, which in itself had a profound impact on every aspect of my life.

So over the next eight tapes and the next four days, you'll have a lot to look forward to because you'll find things that can change your life, areas that interest you, areas you want to improve. It will open countless doors, and you'll find it gets better and better as you use this technique. I've been using it for five and a half years, and it's as fresh as the day I first learned it. In fact, I've gained even more because...

Because they keep growing, you'll have this expectation when you use this technique. So the next four days and these eight tapes are sure to surprise you, and you'll have a great time.

Let me introduce you to the course materials you'll be using at home. Actually, you only need three things, and I'll go over them with you. The first is the workbook for the first week; you'll notice you have several. There are five workbooks in total, but we're only using this one for now. So don't worry about the others; I'll tell you when to use them when you need them. The other one is this three-by-five- size notebook, which we call the "gain book." We 'll need this one for all eight lessons and the entire live lecture.

In fact, that's where I'm going to start, so make sure you have this on hand. The third thing you'll need is this big chart, which at-home learners will find in their packages. It's a chart with a lot of emotional content, and you'll be using it for the next two days and the next four tapes, so keep it somewhere you can easily see it; you'll need to refer to it often. Now give it to Hale, and he'll tell you more about the course.

Haier: The course we're about to experience together, for all of you here and those at home, is quite different from your previous experiences. I mean, typical courses involve a lot of information to memorize. As you learn in this course, you'll notice it's not about information; it's about learning a skill, or an ability we already possess but rarely use—the ability to let go. The entire course is presented as an experience, not a thought process. So practice as much as possible in class, and do the same when you watch the videos at home.

Try to feel, not think. Notice this (instructor places hands on chest and abdomen): when I ask you what you feel right now, see if you can focus on that part of your body. If you don't feel anything yet, don't worry, because the purpose of this course is to help you connect more with your emotions and learn to release them. But it's important to remember, it's experiential.

If someone tells you, "I gave you a book on how to ride a bicycle," and you read it from beginning to end , I believe you would agree that even if you read the book, if you only read the book but have no experience riding a bicycle, it's like someone handing you a bicycle and saying, "Here you go, ride it."

I think you might ride a few steps and then lie on the floor because it won't work. Riding a bicycle is also an experience-based thing, but just like riding a bicycle, once you learn how to ride a bicycle, you'll get on the bike, and once you have that sense of balance, you won't think about it anymore, you just ride.

The same thing happens when you use this technique; the more you use it, the more you'll reach a point where it becomes second nature. You'll just hop on the bike and be ready to go. So, although you'll have to put in a little more effort at the beginning, it gets easier and easier as you keep going. The process itself can be quite subtle, and most of us hope that when we learn something new, the gates of heaven will open and Archangel Gabriel will descend with his trumpet. This might not happen on the first morning or when working on the first tape.

I'm not saying it won't happen in this course. But what happens when you start applying this technique ? You'll find that everything we do now is laying a solid foundation for the next step . All it takes is your persistence. The more you use this technique, the more you gain from it, and you won't always feel immediate relief. Sometimes you'll use a technique where you know something has happened, but you're not sure why.

I had a student who took this course in Houston a year ago. She participated, but at the end of the course, her final sharing was : "I haven't felt my first release yet ," "I don't feel anything," but "I had severe insomnia when I came to the class," "I hadn't slept well for twenty years," " but since the first class, I've been sleeping very well." She experienced a benefit from another perspective, so if you're unsure you're releasing, just keep going, because you might not realize

it every time, but if you keep practicing, it will get easier and easier until you're sure you're releasing.

At the same time, release is accomplished through a series of questions. You might find these questions a little unusual at first , but if you consistently follow my guidance in answering them, whether in a classroom or at home, and practice alongside others as they are guided through release, you'll discover what these questions are really for. Their purpose is to give you an experience of letting go; they don't necessarily have to be meaningful at first. But if you continue to practice these questions and use them, you'll find they increasingly facilitate the release process.

Another thing about the question, if you have a question while you are sitting here, or when you sit At home, you'll notice that we approach problems very differently in this course. If I were to give you a mental answer to all your questions, I think you'd find you gain more information, but not necessarily find your own answers. What we're trying to do over these four days and eight tapes is get each of you to this point: whatever your problems are, whether it's a release process or anything in your life , you can find the answers yourself, and once you know how to find the answers yourself, they'll stay with you.

If you have a question, please ask it. However, I might answer with a question, meaning: if you have a question, I might try to help you find out what's making you ask this question. Once you let go of it, you'll find you start to find your own answers. When you have a problem at home, try the same thing, try applying this process to the problem itself, and you'll find you start to find your own answers.

At the same time, participation is crucial; the more you participate, the more you learn from the classroom . There are many ways to participate now. If you're in the classroom, you'll benefit from working with the teacher voluntarily, but there are many other ways to participate. One very important one is that everyone here and at home should try their best to practice release as others are being guided. I mean, even if their problems have nothing to do with you, focus on how you feel in this moment, and allow yourself to release along with them as they are being guided . The more you do, the more you learn, and the more you practice, the more proficient you will become at releasing.

For those of you here and those at home, another important way to

participate is through the workbook. We'll emphasize this often because the more time you spend on the workbook, the better. The more time you spend on it, the more you will learn from this course. In fact, the workbook and those forms are key to learning the Release Method, which, to some extent, will stay with you for the rest of your life, so it is very important to participate in this way. Do your best to practice in the workbook until you finish it .

At the same time, this method must be done by yourself. I mean: I think you've seen from my description that you will do this yourself, and our role here, Nikki's and my role is to provide guidance during the process.

Assistance is provided, but once you begin, you will be able to do it on your own, so this is a method that must be practiced by yourself. I will emphasize this again, as I will frequently remind you of this during the course, because our goal is for you to have 100% mastery of this method before the end of these four days and eight tapes. This way, even if you no longer have contact with any liberation organizations, even if you haven't watched any other tapes, from that point on, you will be able to use liberation on your own. This is your 100%, and it is very important to us; we want you to be 100% self-sufficient .

At the same time, I would suggest you put your preconceived notions aside. Many people have heard of this course, so you may have received flyers in your email or heard about it on TV. Regardless of how you discovered the course, your expectations may be based on what you've heard or on other courses you've taken before. You 'd better put those aside. It's a bit like if someone tells you to go see a great movie, they've made a mistake by telling you too much about the plot.

When the lights in the theater dim, what's the first thing you do? You try to forget everything you've heard so you can experience the lesson in that moment. If you're willing to follow along with these tapes or do this in class, you'll find you learn a lot from this course. So whatever you've heard , whatever you've done for growth, put that aside for now and look at what we're doing. You'll really get a lot out of it. These four days and eight videos will give you more than you can imagine .

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For those of you at home, and for everyone here, please turn to the ″ What I want to learn from this course″ page in your workbooks. Before you fill it out, I want to say a few things about this question. Think of it as a wish list. Write down anything in your life that you want to change. It might be hard to imagine that a four-day course or eight tapes can really change everything you want to change in your life, but believe me, this method is much more powerful than you think right now, and the benefits you will receive far exceed all your expectations. Also, this is a skill that will stay with you for life, so once you start applying it, you will continue to see benefits. So write down anything in your life that you might want to change or improve, and then we'll continue.

(Please pause the tape and fill out the workbook. Continue when you are finished .)

What we need to do now is to briefly

talk about the emotion chart and

This diagram is an objective representation of your subconscious. I mean, when you work through this chart, you'll find that almost everything you experience every day falls into this category. Every feeling we have—"You're okay"—belongs to this category. They're categorized because it's helpful. Our subconscious is like our garbage drawer; you don't even want to look at it because it's full of things, all mixed up together. But if you think about your garbage drawer—some people might not have a garbage drawer, they have a garbage room, a garbage garage. When we do the same thing with our subconscious, we tend to collect things. We retain a lot of things from the past, which consciously manifest as our emotions. They always influence us, but most of us don't want to look at our subconscious because it's all mixed up.

The first part of this diagram aims to help you organize it. If you can think of your junk room or junk drawer, imagine if everything was categorized and put into small boxes. You wouldn't occasionally look for something in there, thinking, "Oh well, I'll buy a new one, I won't look for it." Okay, you have a mind, and your subconscious mind would be better organized like this too. When things are more organized like this , it will make it easier for you to be aware of how you feel in the moment and start knowing what to do now.

You may have noticed that there are many categories here: despair, grief, fear, greed, anger , pride, fearlessness, acceptance, and peace. Each category contains many feelings. What we 're going to do in this lesson is to make you aware of your current feeling. It doesn't necessarily have to be despair or grief. If you're not aware of your emotion, what you need to do is trace it back to its category. The reason we do this is that every time you release a small amount of

"grief," you're releasing all the feelings under that category, making it more powerful. Releasing "grief" directly is more effective than releasing "sadness" under it. So when you trace each feeling back to its underlying emotional category, directly releasing the emotional category, you'll find you move up the emotional spectrum much faster.

This chart is also a power of action chart. I think when you're feeling utterly hopeless, you can't do much at all . In fact, you might just want to lie in bed all day. You've probably had days like that, or someone you know has. As you move upwards, I think you've never considered that sorrow is everywhere, but " sorrow " has a little more energy than "utter despair." When you rise to "fearlessness," "acceptance," and "peace ," you have tremendous energy to actively accomplish things. Every time you use this technique, when you complete...

Let go of a certain emotion, and you'll tend to move in that direction; you'll have a tendency to feel better and better. Although the chart is arranged this way, that's how it works. All these emotions... "Fearlessness," "acceptance," and "peace" are obscured, so when you release your despair, sorrow, fear, greed, anger, and pride, you will begin to find your courage and acceptance in peace. Imagine what that will be like; you will discover all your fearlessness, acceptance, and peace, which will bring about earth-shattering changes to your life .

We'll be doing some radical things tomorrow; we're going to start letting go of things. The reason we're doing this is that the goal of this course is to help you achieve a state of undisturbed peace. That word has profound meaning, but we use it because it has many meanings. Undisturbed peace is a state where no one or nothing can disturb you anymore. Now imagine, as you can see, the world is in crisis right now, and you might even be experiencing your own personal crisis, whether at home or at work. But imagine what it would be like to remain calm in this situation, to be steadfast even when things aren't going as you expect—that's wonderful.

A state of calm is not boredom; it can be absolute ecstasy. So as you continue studying these things, you will learn this technique over the next four days and eight tapes. You will learn everything you need to achieve the highest level of calm, and from then on, it will be yours. We've said enough about this chart; remember to keep it within easy reach. Use this chart whenever you need to acknowledge your feelings. When you have time, read through it; you'll find it will help you connect more with your feelings, and you'll be able to release more. So remember to keep it in front of you. Now I'm going to bring Nikki

back to help us review another important thing: the Harvest Journal . gains book).

Nikki : Over the next four days, we'll be using the progress notebook frequently. It's essential for most of the course , so make sure it's small and portable. You'll be using it often to validate your progress. You'll find that when you start using this technique, when you start making progress, even if you felt terrible before, you'll feel great now—that counts as a progress . (A gain) . It's actually very simple, but in our daily lives, we always associate things with negativity, and we're very harsh on ourselves, always seeing only the negative.

Instead of doing good things, you should focus on the bad things you do. This will help you change this habit, turn it around, and start associating with the good things. It will really support you when you use the techniques.

We also tend to overlook how much we've grown or how well we've done, so this will truly validate your progress and will be a very important record for you. In fact, you 'll see this notebook three months later and be amazed at what you've let go of and how much your life has changed . Also, the notebook is so small so you can easily put it in your pocket. When you see it in your pocket or bag, it will remind you to let go, which will greatly help you.

The gains aren't just about emotional changes, like feeling good now versus feeling bad before. When you use this method and write down your gains, you'll notice other things. You'll begin to gain insight into yourself, and you'll start to understand others. Write all of this down; these things are very important to you . You might listen to someone tell you something for five to ten minutes, but you might forget it a day later. If you discover it yourself, it will be much more profound, so be sure to write these things down. Also , this is part of your growth, so carry it with you; you'll use it often. Okay, now hand it over to Haier.

Haier: Please turn to the page in the workbook, "These are three ways to deal with feelings." This page is after "What I want to gain from the course." Now let's look at how we usually deal with emotions, and then look at how the release method deals with emotions. Most of the time, we deal with emotions by suppressing them . Suppression means that

when your feelings arise, you suppress them (the instructor makes a pressing motion from the chest down with both hands). Sometimes you are aware that you are doing this. For example, if your boss says something you don't like, you might think, "I really wish he hadn't said that" (anger), but we don't want them to know our emotions, so we suppress them.

But repression isn't always consciously recognized. Unfortunately, we're all very good at repressing, so it happens automatically, often without our awareness. A whole day might pass, someone says something completely unrelated, and we suddenly erupt in anger, without even knowing why. Sometimes we think we've made the most objective decision of our lives, only to regret it the next day, exclaiming, "God, I..."

"Why do you think that way?" It's because we feel repressed, because every time I feel repressed, it prevents us from thinking clearly and acting appropriately in that moment.

Now you might also realize you're suppressing your emotions, for example, you might suddenly develop symptoms of a stress-related illness, and you feel fine until your doctor suddenly tells you you have an ulcer. If you have an ulcer, then it's not that everything is fine. Not many perfectly healthy people get ulcers these days. I'm not saying there's anything wrong with ulcers, but what I'm trying to say is: when you start suppressing your emotions, when you hold them back, it's the worst way we deal with our feelings, yet we keep doing it.

Another way we suppress emotions is less noticeable, and that's avoidance. When we suppress them , it's like this (instructor presses hands down): running away is like: I'm going out for a drink, watching TV, I'm going to play a big game of handball, doing something to get rid of this feeling. We do this because we want to pretend it doesn't exist, but in reality, all we're doing is distracting ourselves. Given enough time, we can suppress the emotion back; you're really suppressing it all along.

Sometimes, when dealing with emotions, we do something similar: after suppressing them for a long time , the pressure builds up like a pressure cooker until it can't hold it in anymore. Then you express it to someone, someone says something, and suddenly, when someone says something at work or at home , you start crying, and then you explode. You start yelling and screaming, not even knowing what you're saying. This is expression—acting out your feelings instead of suppressing

them. You vent, then throw it at someone; that's expression. It might feel better temporarily, but it doesn't truly solve the underlying problem. The solution is to learn how to release.

These four days and eight tapes are meant to teach you how to use your innate abilities to not "suppress" or vent on others, but to learn how to release—how to release whenever feelings bother you. Everyone here, and everyone watching at home, has had experiences of release. Here's an example to show you what it feels like. Think back to the last time you laughed from the bottom of your heart. Remember how good it felt? In fact, what do you usually do when others are feeling bad? You try to make them laugh, make them happy, try to make them feel better. What happens then? When you laugh…

At that time, it was the outward manifestation of the release that occurred. What we are going to do now is to show you that you can achieve the same inner result without making people laugh , using our natural abilities.

Now you might find yourself laughing more after releasing, or you might not. In fact, some powerful releases are completely silent. One moment you might feel very sad, you let yourself get into that feeling, then you release, it disappears, and you feel your whole body relax. Sometimes you might laugh hysterically because you suddenly realize how absurd everything you've been doing is. Regardless of how the release manifests outwardly, allow it to happen, so instead of just describing the release method in words, why not take action now?

So, does anyone feel the urge to let go? Those of you at home, you also have the opportunity to release, but I want you to release together with me and your group members. In the eight tapes, besides watching the student releases from this lesson, we've also recorded release case studies from other classes—the best examples that will show you how release happens. Please sit down; you too will have the opportunity to release and practice with those here. I hope you all will do the same. Practice along with others as I guide them. The more you practice while others release, the faster you'll master this new skill. Now, does anyone feel the urge to let go?

○ 1 Cheryl : What if I'm a little scared? Haier: Okay, you're a little scared? Cheryl : I'm uneasy.

Haier: Yes, that's the feeling of fear.
Cheryl : Yes

Haier: Okay, now you can experience it for yourself.
Cheryl: OK

Haier: Can you let it go? Can you?

Cheryl : Perhaps it can only be released for one minute.
Haier: You've just released a little bit. Are you willing to let it go?
Cheryl : Willing

Haier: When?

Cheryl : Hmm?

Haier: When?
Cheryl : I'm trying to get it to leave.

Haier: Okay, let's go back to how you feel. Just feel what you still have of fear. Do you still feel even a little bit of fear?
Cheryl : A little bit

Haier: Okay, just allow yourself to feel it. Can you let it go? Can you?
Cheryl : can

Haier: Would you be willing to let it leave?
Cheryl : Willing

Haier: When?
Cheryl : Now

Haier: How are you feeling now? Do you feel lighter?
Cheryl : I'm not so uneasy anymore.

Haier: But there is still some unease, which is also a feeling of fear. It's just that you have to feel this fear yourself. Can you make it go away? Can you?
Cheryl : Yes

Haier: Would you be willing to let it leave?
Cheryl : Willing

Haier: When?
Cheryl : Now

Haier: How are you feeling right now? Is there any fear left?
Cheryl: (Nods)

Haier: Okay, just feel the remaining fear.
Cheryl: (Quietly observed for about five seconds)

Haier: Can you make it leave?
Cheryl : Yes

Haier: Would you be willing to let it leave?

Cheryl : Willing

Haier: When?
Cheryl : Now. It's gone (laughs) , yes, I think it's gone.

Haier: How are you feeling right now?
Cheryl : Much better

Haier: We always talk about letting go, and how to let go is actually very simple. If you can pick up a pencil or pen, and I hope everyone here will do the same, place it in front of you for a minute. First, I want you to know that you certainly know how to hold a pen or pencil; it's simple, we're all very good at it, and we 've become very good at holding onto our feelings. Now, we've actually become so accustomed to it that we've forgotten we can simply let go (the action of letting go), and that's what we need to learn.

When we say let go of a feeling, it's that simple. I know it might be a little hard to accept at first because we usually think of pencils as stuck to our palms, and we usually feel that our feelings control us , but that's not the case. Every feeling is something we can control. If we're willing to take control , you'll realize that you've been holding on, and you can always choose to let go. So remember this when you experience the process of release, or if you feel stuck, remember that you are the one holding onto the feeling . It's your feeling, not someone else's, and you can release it. Anyone else want to release something ? Okay, Dave.

○ 2 Dave : There's a colleague at my company who's not very cooperative, a bit of a troublemaker, etc., which has made me very angry. I'm worried that if I let this anger continue, it will affect my

judgment, and I don't want to do anything that I feel goes against my own principles.

Haier: Okay. Now, think about how you feel when you think of this person? Take a minute to imagine them, perhaps in a less-than-pleasant scenario from the last time you interacted with them.

Dave: Okay. Alright.

Haier: Okay, just feel how you feel right now?

Dave : anger.

Haier: Angry?

Dave : Hmm (meaning yes)

Haier: Okay, just allow yourself to feel anger.
Dave : I felt it very easily.

Haier: Okay, very good. You felt it. Can you make it go away?
Dave: (The student nods in agreement)

Haier: Would you be willing to let it leave?
Dave : Willing.

Haier: When?
Dave : This feeling is deeply ingrained.

Haier: You've released a little, but you're still holding onto some things.
Dave: There's more.

Haier: More? Okay. Just let yourself... Sometimes this happens. If you're facing a big problem, it might not just leave after one release. But if you're willing to persevere, no matter how long the problem lasts or how serious it is, you can release it. So let yourself feel it again, let yourself feel the anger. Did you feel it? Can you let it go?
Dave : I can.

Haier: Would you be willing to let it leave?
Dave : Willing.

Haier: When?
Student: (Laughs) I did it, I released more.

Haier: Okay. You still have a little bit left to release.
Dave : Yes.

Haier: You spend a significant amount of time with this person every day, right?
Dave : Yes.

Haier: So think about that person again, and let yourself feel the anger you feel now.

Dave : Okay.

Haier: Can you make it leave? Can you?
Dave : I think I'm actually holding on because I want revenge.

Haier: Oh, okay. By the way, this isn't unusual. That's the first point, and it's a good insight, which I'll write down. But it's not uncommon; we often grasp a feeling, and we hold onto it because we think we can use it to do something. But if you think about it carefully, isn't it easier and more effective to communicate with this person when you're not angry ?

Dave: Yes, yes.

Haier: Do you want revenge? Or do you just want to let go of your emotions?
Dave : I'm holding onto my anger because I want him to do things.

Haier: Okay. How long have you been angry with this person?
Dave: It's been a few months.

Haier: Is using anger effective in increasing work efficiency?
Dave : This is difficult, very difficult.

Haier: So maybe it's time to let go of the anger.
Dave : Okay.

Haier: Now, let yourself feel that anger. Can you let it go? Can you?
Dave: Yes, that's fine.

Haier: So, would you be willing to let it leave?
Dave : Willing.

Haier: When?
Dave : Now. I think I've released a large chunk, but there's still a lot left.

Haier: Okay. Feel the rest of it again. When you decide to let go, you can let go of all feelings. Feel the remaining anger. Can you let it go? Can you?

Dave : Yes, you can.

Haier: Would you be willing to let it leave?
Dave : Willing.

Haier: When?

Dave : Now. I feel much more relaxed, I feel much clearer.

Haier: Okay, let's do another release, and then I'll let you release it yourself. Let yourself feel the anger towards this person again .

Dave : Okay.

Haier: Can you make it leave? Have you decided to make it leave?
Dave: (Nods)

Haier: Would you be willing to let it leave?
Dave : Willing.

Haier: When?
Dave: OK , now.

Haier: Are you feeling
better? Dave: Much
better, much better.

○ 3 Wade (**former student**): I'm not sure if if we keep up with the course, there's really something there, or if it's just convincing us that there's something there.

Haier: Okay, that's a normal way of thinking.
Wade : There's a feeling of doubt, or maybe anxiety, I don't know, and that's something I'm trying to resolve.

Haier: Which feeling do you lean towards right now? Doubt?
Wade : I would say I'm skeptical, not that I don't want it to work, I want it to work.

Haier: This is a feeling that most people have when they first learn the release method, especially when they see someone release their feelings very easily, they will think, "Come on."
Wade : I'm not sure if they'll release them easily, and I don't want to offend anyone at all.

Haier: Understood.
Wade : I think you really felt what you described. I just want to know if we're just giving ourselves psychological suggestions.

Haier: Yes, I understand.
Wade : Following your answer to your question, you know what I'm saying,

but did anything actually happen?

Haier: You can only try it yourself to find out if that's true.
Wade : I knew you'd say that.

Haier: Yes, I know that too, and that's how we handle this situation. Now, let's see how you feel right now . How do you feel?
Wade : to doubt.

Haier: Okay, in which column of the mood chart is this?
Wade: I don't know, it seems to be in the "fear" category, definitely not "craving". Well, maybe it is, because I crave to know, but I'm trapped, like there's a wall.

Haier: Is it because you're completely despondent?
Wade : It's possible, it could be one of them.

Haier: Okay, do you feel it now? I know you're unsure how to identify it, so let 's not worry about that now. You need to let yourself feel it. Now, can you let it go? Can you? Wade : I don't know.

Haier: Okay. Let me emphasize again, don't try to think about it. Just try to answer, yes or no. Answering no is also fine. There is no so-called right answer. The less you think about it, the easier it is for you to access the release method. Just feel your feelings. Can you let it go?
Wade : Yes, I think that's possible, yes.

Haier: Okay, then are you willing to let it leave?
Wade: Of course I would.

Haier: When?
Wade : This method seems to be working.

Haier: Okay, let's go back and experience your feelings again.
Wade : I feel much better.

Haier: You have indeed released something, you've let go of a large part. But let yourself feel the other parts, the parts that make you uncomfortable. Can you let them go?
Wade : Of course.

Haier: Would you be willing to let it leave?
Wade : Willing.

Haier: When?

Wade : I think now is the time.

Haier: Great, how do you feel now?

Wade : Like I said, I feel much better.

Haier: By the way, sometimes when you're learning something new, you might notice that it's a little difficult at first . There's an interesting story about how people train elephants. I don't know how many people know how to train elephants, but when the elephant is very small, they tie it to a post with a very heavy chain. When the elephant is a baby, it's very noisy, so it always runs around until it's stopped by the chain. After doing this for a year or two, the elephant learns that whenever it feels its leg being pulled, it can't move anymore .

Then, as the elephant grows older, the chain is gradually reduced to smaller and smaller until it becomes a rope. Now, this enormous elephant is tethered by this thin rope because it has been trained to believe that the chain truly binds it. In a way, we are all like that elephant. We have these experiences; as we grow up, we are bound by the programs set by society and our parents, and also by our negative experiences . We act as if we are chained, so often we don't even challenge it; you know, we don't even talk about this chain.

In fact, for most of us, it's just a thread—our feelings. When you start releasing those feelings, you'll find yourself opening your heart to areas you didn't even know existed, areas you previously avoided. You'll find yourself starting to do things you've put off for years, becoming active in areas you've never been able to adapt to before, all simply because you've let go of that rope you previously thought was a chain.

○ 4 Haier: Is there anyone else who wants to release something?
(Students raise
their hands to
indicate)

Haier: Yes.

Graig : Last night I walked into the supermarket and saw this huge cinnamon roll, wrapped in delicious sugar, and I really, really felt I had to have it. This isn't something I usually do; I don't like doing that, indulging in these things. I just felt... I bought it, I ate it, and I felt terrible, and I kept thinking, what's wrong with me?

Haier: How do you feel about doing this now?

Graig : I'm a little angry with myself.

Haier: Just let you experience your anger yourself.
Graig: OK .

Haier: Can you make it leave?
Graig : Yes, you can.

Haier: Would you be willing to let it leave?
Graig : Willing.

Haier: When?
Graig : Now.

Haier: Okay, feel it again, feel the remaining anger. Can you feel it?
Graig : Yes.

Haier: OK , can you make it leave?
Graig: (Smiles and nods)

Haier: Does this mean it's possible? Would you be willing to let it leave?
Graig : Willing.

Haier: When?
Graig : Now.

Haier: That's great! How are you feeling now?
Graig : I feel more compassionate towards myself now.

Haier: That's great.
Graig : I feel better.

Haier: You feel better, right?
Graig : I think I can accept

myself now. Haier: Great.

Haier: By the way, for everyone here and at home, if you want to know how to solve weight problems , or any kind of habit, I have a suggestion you can start doing right now. It's very simple: every time you think... for example, pick up that row of cinnamon, or that extra

pie, or something you think you shouldn't eat, don't try to stop yourself from eating it. This is what we've always done: seeing that cookie, resist the urge...

I shouldn't have eaten it. In the end, you go and eat a cookie you don't even like, and then you eat five more. You know you feel terrible, so you finish the whole bag. That's how we are now, you know , we do the same thing with other habits, so don't try to do that now, stop yourself .

For example, if you're trying to quit smoking, don't force yourself to stop immediately. I want you to do something very simple : every time you decide to have a cigarette, or want an extra piece of pie, set a rule for yourself —let yourself release it first. Now, after you've released it, whatever feelings are driving your addiction, you'll know it's not good for you. If you still want it, let yourself have it. Keep doing this , and you'll see what happens.

In this course, I've seen people like this—let me give you an example. First, smoking. I've helped some people quit smoking because of it. They did one thing: they didn't try to quit the habit. They spent years trying to quit, years fighting the habit, and it just got stronger . What they did was release—release any feelings that drove them to do it. They kept releasing, and they started smoking less and less until they stopped smoking completely.

An interesting example is a woman named Diane Stilwell , an actress who used this method to lose weight years ago . She only did one thing: release. During the two weekends of the course, instead of eating cinnamon rolls, she went out for a hot chocolate sundae— the first time she'd had one in two years. Before that, as she said, she had been constantly avoiding that fat monster; she had been constantly running away. In fact, one thing she did at the time was to work out

relentlessly, almost exhausting herself, which resulted in a knee injury. Despite exercising so much, she still couldn't lose the excess weight.

So she did something very simple: whenever she felt like eating, she decided that if she really wanted to eat, she would allow herself to, but before that, she would do a release. By doing this, the urge to overeat decreased, and when she did this, she was able to enjoy food more. So try this method if you want to lose weight or quit smoking; you'll find that the release method allows you to let go of your habits and free yourself from their control.

○ 5 Haier: Is there anyone else who wants to release something? Whatever it feels like, just feel it.

Cheryl (**former student**) : I'm very tired.

Haier: The feeling of being very tired is like "utter despair," so let you experience that feeling for yourself. (The student nods) Can you make it go away?
Cheryl : Yes.

Haier: Would you be willing to let it leave?
Cheryl : Willing.

Haier: When?
Cheryl : Now.

Haier: Okay. How do you feel now?
Cheryl : I feel good now.

Haier: You've released a lot.
Cheryl : Much better, but I still feel tired.

Haier: OK , let's focus, let's feel this exhaustion, and let it be before we take any action . Can you let this feeling of utter despair go away?
Cheryl : Yes.

Haier: Are you willing to let this feeling go?
Cheryl : Willing.

Haier: When?
Cheryl : Now.

Haier: Okay. How are you feeling now?
Cheryl : Much better.

Haier: Okay, do you still feel the same way now?
Cheryl : Yes, but not as many as before.

Haier: OK .
Cheryl : But I'm still very tired.

Haier: Okay.
Cheryl : Will my body eventually stop feeling tired? It's been

like this for 42 years, I don't know. Haier: One thing is for

sure, you can release it right now.

Cheryl : Can I? Really? That's great, let's do it!

Haier: Just to experience what it feels like to be tired.
Cheryl : Okay.

Haier: It's just a feeling of "utter despair," it's just a feeling. It's just something you have to experience for yourself.
Cheryl : Don't you think this is a physical problem at all? Do your feelings also control your body?

Haier: Do you think your mind can analyze and understand it, or do you come back to your feelings? Can you feel your fatigue?
Cheryl : Yes.

Haier: Can you let go of feelings of utter despair?
Cheryl : Yes.

Haier: Would you be willing to let it leave?
Cheryl : Willing.

Haier: When?
Cheryl : Now.

Haier: How are you feeling now?
Cheryl : Much better.

Haier: There are still some feelings there, right?
Cheryl: (Nods) I'm very tired.

Haier: What?
Cheryl : I feel very tired.

Haier: Okay, is it hard for you to accept that you can let go of your feelings?
Cheryl : I think so, because I've always been with my feelings.

Haier: Yes.
Cheryl : Of course not entirely. I have some abstract understanding of this, and I believe anything is possible.

Haier: Okay, I understand. But I feel you're still clinging to your

feelings.
Cheryl : I feel this feeling must be somewhat useful;

that's what I'm thinking. Haier: You're still thinking

about it, which is why it's so hard for you to let go.

Cheryl : I want to hold onto this feeling, I always feel like it's useful.

Haier: I think you're just fixated on this feeling, that's all.
Cheryl : Yes.

Haier: I've felt this way for 42 years; I can't live without it.
Cheryl : Yes, that's why I'm talking about it.

Haier: Otherwise, let's talk about something else.
Cheryl : I'm kidding, believe me, I can't say I slept eight hours every day.

Haier: Okay, just let yourself feel this feeling. Let's calm down for a while and really feel it. It's just a feeling of utter despair, that's all. Just let yourself feel it.
Cheryl : Okay.

Haier: Can you make it leave?
Cheryl : Yes.

Haier: Would you be willing to let it leave?
Cheryl : Willing.

Haier: When?
Cheryl : Now.

Haier: This feels right, don't stop, keep releasing.
Cheryl : It felt great just now.

Haier: Don't stop, keep releasing, keep moving forward, don't stop releasing, keep going.
Cheryl : I think I'm getting into it, you guys really have it (laughs)

Haier: Keep releasing resources, don't stop.
Cheryl : I feel great, I definitely feel more energetic.

Haier: Okay, it's just a feeling. Exhaustion is just one feeling within "utter despair," nothing more . Let's go back to the feeling. Can you feel the remaining exhaustion? The rest of it. Can you let it go?
Cheryl : Yes.

Haier: Would you be willing to let it leave?

Cheryl : Willing

Haier: When?
Cheryl : Now.

Haier: That's it, you've been freed.
Cheryl : I hope I can still feel tired when I go to sleep.

Haier: No problem.
Cheryl : I can do it now, that's great, it was so simple.

Haier: Okay, now it's your turn (everyone at home). Throughout this mini-demo, across these eight tapes, you'll have many opportunities to release your emotions with one of our instructors. In fact, because you're learning via tapes, you'll have even more opportunities to engage with the instructional content of these lessons, so just make yourself comfortable, make sure you have an emotion chart, and be aware of how you're feeling right now. If you need, you can imagine a specific scenario from your life that evokes a feeling in you , so really get yourself to feel how you're feeling right now, and take some time to see if you can find it on your emotion chart.

Let yourself feel what you are experiencing right now.

Can you make it
leave? Would you
like it to leave?
When?

Just feel that feeling again, let yourself feel how you feel now.

Can you make it
leave? Would you
like it to leave?
When?

Now, once again, simply allow yourself to feel what you are feeling right now, to truly feel what you are feeling right now .

Can you make it

leave? Would you

like it to leave?

When?

Examine your inner self again, and then allow yourself to feel what you are feeling in this moment.

If this is a new feeling, a new sensation, simply locate it on your emotion chart . See if it's feelings of utter despair, fear, greed, sadness, anger, or pride.

Whatever it is, just let yourself experience it.

Can you make it
leave? Would you
like it to leave?
When?

Focus on your inner self again and allow yourself to feel what you are feeling right now.

Can you allow yourself to
let it go? Are you
willing to let it go?
when?

Now see if you can allow yourself to continue releasing. Remember, any answer doesn't matter. Sometimes you 'll start to notice that even if you say no to one of the questions, release will still happen. In fact, sometimes you release when you ask "can I?", or when you ask "willingly?", or "when " —both are good. Each of our questions will take you deeper into the release process and help you accelerate your progress.

(Please pause the tape and make sure you write down what you've learned. Continue when you're ready .)

Gary (graduated in 1991):

I'm so glad I took the course, and while I was there, seeing other people releasing and learning how they did it, I didn't know if it would work for me. When I released my own issues, I could feel the difference and really experience the difference. Now that I've tested it , I'm still amazed. I look back and say, wow, that's great, unbelievably good, but most importantly , it's real, it really works.

Pamela (graduated in 1977):

I can hardly believe I've achieved what I have today, despite so much resistance. It goes against everything I wanted to know or believed. I had many doubts, but I persisted . My friends sent me information, and I just wanted to see and test it. I would only say that if I could talk directly to anyone with doubts, I wouldn't be in a worse situation than I am now. Just keep going step by step, and then you'll start to see yourself. This tool is incredibly powerful and effective.

Haier:

Now, as a group, we're going to take a break. I suggest you do the same thing at home and see if you can continue releasing, whatever you started releasing, keep the motivation to release. Everyone here, I suggest you do the same thing; we'll take a 15- minute break.

(Please pause the tape and take a break to make sure you've written down what you've learned. Continue when you're ready .)

Pamela (graduated in 1984):

My only advice to those of you at home is not to try to understand it, because it's not something your brain can comprehend. You just need to keep releasing it, releasing one at a time, and be confident that you will get it and that you will succeed.

Nikki:

Welcome back. This is a reminder for those of you still at home: when we release here, or when you see others releasing, you should focus on how you feel right now, follow along with the release, and allow yourself to use this technique. You may be experiencing different feelings than that person; these are your feelings, and if you don't feel them, you'll miss many opportunities and practices to use this

technique.

○ 1 Nikki: OK , does anyone have anything they want to say?

Okay, Michael. Michael : I'm confused.

Nikki : Okay. Where would you put confusion on your emotion chart? But in fact, confusion is sometimes almost a mental state. If you can, you might feel confused about any emotion, just feel that feeling.

Michael : Actually, I feel pretty good, even when I feel confused. I have neck pain issues; I was in a car accident, and this pain started bothering me. I'm not sure if the release method would work for this ?

Nikki: Let's try it and see. I just want to say we're not medical professionals, I won't prescribe, diagnose, or treat you, but we've found that many illnesses or physical pains are related to stress, so let's release some stress and see what happens. Okay, I'd like to start here with Michael . How do you feel about the pain? What are your feelings?

Michael : It's annoying.

Nikki : Okay, which column on your emotion chart would you put that annoying feeling in? Michael : Probably "anger," and sure enough, it's "anger."

Nikki : Okay, it's a milder form of anger. What I hope you do is, when you think about your pain, let yourself feel that annoying feeling.

Michael: OK .

Nikki : Okay. Can you let go of this feeling of anger? Michael : Yes, I should be able to.

Nikki : If you could let go, would you be willing to let go?

Michael : Yes.

Nikki: I think you've released it, that's good. Now let's see if you can feel more of that feeling there. Michael, it's just a feeling of anger. Okay, just let you feel that feeling.

Michael : Okay.

Nikki : Can you decide to let go
of that feeling? Michael : Yes,
I can.
Nikki : Are you
willing to let go?
Michael : I am.

Nikki : When will it be
released? (Students laugh)
Okay, very good.

Now I want you to imagine yourself experiencing that pain again. Do you have any other bothersome feelings? Or other sensations? (Michael shakes his head in denial .) How do you feel right now?
Michael : The feeling of success.

Nikki : Okay. Which section of the
mood chart is it in? Michael : The
column for "happiness" and
"acceptance".

Nikki : Be fearless and embrace the area. When you talk about success, it's like a feeling of "yes, I can," rather than "oh, I can't."
Michael : My neck feels much better.

Nikki : That's great, would you call that a
gain ? Michael : Yes, it's a gain.

Nikki : That's great, okay. So you might want to take notes of these things so that your learning will be effective.
Michael : Thank you.

○ 7 Haier: Just experience it for a few minutes, just let yourself feel this intense sensation. Okay , can you put it down?
Kathy (**former student**) : Yes, you can.

Haier employee: Are you willing to let go?
Kathy : Yes.

Haier: When?
Kathy : Now.

Instructor: That's right, good. Now, let yourself feel the remaining emotions. Do you still feel sad?

(Student nods) Can you make it leave?

Kathy : Yes.

Haier: Are you willing to let it go?

Kathy : Yes.

Haier: When will it be released?

Kathy : Now.

Haier: Can you feel more sadness? Can you feel more sadness? Just let yourself feel it. Hopefully, you've released yourself without asking questions. Look at how you feel right now. How are you feeling right now?

Kathy : Much better.

Haier: OK , let me check one more time to see if there is any more sadness. Do you feel any more sadness?

Kathy: (Shakes head in denial)

Haier: Very good, you've released it.

○ 8 Terry (**former student**): He has something different to say every day; you never know what will happen. Sometimes he comes in cold, sometimes rude, sometimes cruel. The next day, or at some point, he takes...

He came in with the coffee, and suddenly he was the best person in the world again. So I never know what I'm going to face, or maybe I should just let him be. I don't want to repeat what's already happened. He doesn't just treat me like this; he treats other girls in the office the same way. I'm about to snap at him. If my dad were here, I don't know what would happen. That's what I want to let go of.

Haier: Just like you said, by the way. When I said to focus on feeling your sensations, I meant in this area (chest and abdomen), but you need to know what you're feeling. Is it a feeling of anger?

Terry : Yes.

Haier: It's just to let you experience this feeling yourself, to let you come into contact with this feeling.

Terry : What do I want to say? I really have a lot to say right now.

Haier: You don't need to express it. I just want you to feel it, to feel this anger yourself . Okay, can you let it go? Can you?

Terry : Now...

Haier: In any case, let's focus on the problem. Are you willing to let it go?

Terry : Yes.

Haier: When will it be released?

Terry : Now.

Haier: Okay, let's get back to your feelings. Just let yourself experience the feeling of anger. Now, can you let it go? Can you?

Terry : I feel a little lighter.

Haier: Would you be willing to let it leave?

Terry: (Nods)

Haier: When?

Terry : Now.

Haier: Okay, let's experience how it feels now.

Terry : I no longer feel its constraints.

Haier: Yes. So you released some of it. Okay, now feel the remaining anger again, let yourself feel it. Can you let it go? (Student nods) Are you willing to let it go?

Terry : Yes.

Haier: When?

Terry : Now.

Haier: See if you can feel more anger now.

Terry : I'm still very focused, trying to hold onto this feeling.

Haier: It's just about letting you feel that feeling, to feel the anger. Can you let it go?

(The student nods) Does that mean it's possible?

Terry : Yes. I feel lighter.

Haier: When will it be released?

Terry : Now.

Haier: How are you feeling right now?

Terry : Much better.

Haier: Just try to understand your feelings and see if there's any more anger.

Terry : I can see it, and I'm not angry.

Haier: Great, so you've let go. Now, how do you feel when you think about him? What are your feelings towards him?
Terry : I think I don't care about him anymore, but I don't hate him.

Haier: Compared to the beginning, would you say this is a gain?
Terry : Yes.

Nikki : Sometimes during release, you'll feel something leaving, but don't wait to feel anything physically. You won't always have physical sensations when you release, especially when using this technique . If you keep waiting for sensations, it will hinder you. Sometimes release can be subtle, especially at the beginning , so don't worry if you don't have any physical sensations. Maybe your release is just not meant to be physical.

Let's do a release exercise for our viewers at home. Everyone here, as I guide you through this release , please release according to your own feelings. So please adjust to a comfortable sitting position and let's release together (the instructor sits down) . Okay, viewers at home, let me give you some suggestions that might be helpful . You might realize you have a feeling you want to release right now; if not, think about how you feel about the course or videotape so far. Also, perhaps there's a feeling behind each of your questions , so you can use that to release as well. Let's begin.

Whatever you're feeling right now, just focus on that, then look at the emotion chart in your hand and see which column you'd categorize this feeling into. Which column? Utter despair.
(Apathy) ? Sorrow, greed, or anger? See which category your emotion falls into, and once you've identified that feeling, allow yourself to

experience it.

Can you let go of that feeling? Whatever it is. If you can let go, are you willing to? If you're willing to let go, when will you let go?

Okay, now go back and feel it. Are there any other feelings there? Go and feel it for yourself. Can you let go of that feeling?

Are you willing to let go?

When will you release it?

Then take another look and see if you can feel more sensation there. Let yourself feel the remaining sensation after the release.

Can you feel it?

Can you let it go? It's just a feeling. Are you willing to let go of that feeling?

When will you let it go?

Okay , good. Most of the feelings have probably subsided by now, and you might want to see if there's another feeling you're still aware of. Think about how you've felt about this tape so far, and allow yourself to focus on whatever feelings you have right now. If something else triggers your feelings, then do that. You might need to look at this emotion chart again if it helps you identify which category your emotions belong to.

Okay, let you experience that feeling for yourself, whatever it may be.

Can you put it down?

Are you willing to let go of that feeling?

When will you let go?

Examine your inner feelings again to see if you can still feel that feeling.

Can you let it go? Remember, this is just a feeling. Are you willing to let it go?

When will you be able to let go? When you no longer need it.

Okay, you probably feel much more relaxed now. If, for some reason, you're unsure whether you're releasing, don't worry, that's usually the case at first. You'll find that as you release, as you practice, you'll feel less tense and have better thoughts when you are releasing.

(Please pause the tape and resume playback, making sure you write down what you've learned. Continue when you're ready .)

Haier: Okay, what we're going to do now is use one of the tables from our freesheet. As I mentioned before , freesheets (workbooks) are the most important part of this course, and you'll learn how to use these tables...

The release method will become stable for you; this is the way to learn how to use the release method. Please open your workbook and turn to the page "What do I want to change in my life?" At-home students should do the same.

Now I'd like you to take a few minutes to make a list of the people, things, and situations in your life that you want to change. This can take a few minutes. List some of the people, things, and situations you want to change. After you've made the list, we'll release it together.

List some situations, people, or problems in your life that you would like to change.	How do I feel about it right now?	it been released ?	How are you feeling?

*Have I fully released myself ? +How do I feel about it now ?

(Please pause the tape and fill out the form. You will be able to continue when you are finished.)

Haier: Now that you've listed some things in your life you want to change, we'll use a workbook together in a bit. It's very simple: focus on a specific situation, then write down how you feel about that situation in the "How do I feel about it right now?" column. After writing it down, just let yourself feel it, and then let yourself release it. Keep doing this until you completely let go of it. Once you've completely let go, check the "Release?" box.

Then go back to the person, thing, or object you want to change and

see how you feel about it now. Repeat the same process until you are completely released. Once you are completely released, check the box next to "Released?". Then continue releasing repeatedly in the same situation until you feel good about it. Once you feel good, check the box next to "Feeling good?", and then you can release the next thing .

Does anyone have anything they want to release now? (Students raise their hands) Okay, Rodri.

○ 1 Rodney : Yes, I have a situation. Due to company processes and other reasons, my work is always overtime. I'm a company administrator, responsible for issuing relevant announcements, and my work requires other people in the company to submit them.

The information they provided was inadequate. However, for about three months, they haven't been providing me with timely information, resulting in me working up to 60 hours a week, which is one issue. My work hours are supposed to be 40 hours, which I believe is necessary for work-life balance, and this is very frustrating.

Haier: Okay. Which category of "fear," "indifference," "greed," or "anger" is causing frustration?

Rodney : Frustrated. I think the emotion scale should be "anger," and I think I'm very angry about this.

Haier: Did you write "angry" in your workbook?

Rodney : Yes, it's written.

Haier: Very good, let yourself feel that anger. Can you let it go?

Rodney : Yes, I can.

Haier: Are you willing to let it go?

Rodney : Yes.

Haier: When?

Rodney : Now.

Haier: Okay, feel the remaining anger again, feel the remaining anger. Can you let it go?

Rodney : Yes, you can.

Haier: Are you willing to let it go?

Rodney : Yes.

Haier: When will it be released?

Rodney : Now.

Haier: How are you feeling now?
Rodney : It feels better than before.

Haier: Does it feel better than before?
Rodney : Yes.

Haier: Very good. Then check the "Relieved after anger?" box. Let's check again. Think about those people who delayed giving you information; they didn't give you information in time. See how you feel now.

Rodney : I feel better than before. I'm less wary and they're not bothering me as much anymore.

Haier: Okay, are you still feeling troubled?
Rodney : A little bit.

Haier: Okay, what does it feel like?
Rodney : There are still some lingering remnants and frustrations that I might want to hold onto.

Haier: Okay.
Rodney: (Can't hear clearly)

Haier: Is this more anger, more greed? What does it feel like?
Rodney : Frustration and anger.

Haier: Okay, please write this on the form as well. I think you've released some of your anger, but when I asked again , more emotions were stirred up , especially when I mentioned how these people delayed giving you information .帮 It brought out more of your emotions, so let yourself feel that anger. Can you let it go?

Rodney : Yes, I can.

Haier: Are you willing to let it go?
Rodney : Yes.

Haier: When?
Rodney : Now.

Haier: Feel the anger again, allow yourself to feel it. Can you let it go?
Rodney : Yes.

Haier: Are you willing to let it go?
Rodney : Yes.

Haier: When?

Rodney : Now.

Haier: Great, how are you feeling now?

Rodney : I feel better than before, calmer.

Haier: I'm calmer now, that's good. I'll check off two boxes for myself: one for "Have I released myself?" and one for "How do I feel ?"

○ 2 Haier: Okay, let's continue. Who else wants to use the workbook release? Mary.

Mary : I want to improve my financial situation, and I think I might be a little afraid of it. For example , earning more money might lead to jealousy from others, especially career women, so I feel somewhat scared.

Haier: Are you feeling your fear right now?
Mary : Yes.

Haier: Write it down. Did you write it down? Write down the word "fear." Let yourself feel that fear, let yourself experience it. Can you make it go away? Can you? Mary : Yes, you can.

Haier: Are you willing to let it go?
Mary : Yes.

Haier: When?
Mary : Now.

Haier: Go and experience it again, just let yourself feel the fear.
Mary : I feel like there's still some guilt there, a guilt about having too much money.

Haier: Oh, I see. So, do you feel like you've let go of your fear?
Mary : I think so, I believe so, and I feel guilty too.

Haier: Okay, let's check if the fear has been released. Now that guilt has surfaced, which column on the emotion scale does it belong to? Tracing back to the underlying emotion.
Mary : I think it belongs to "sorrow".

Haier: Then let yourself feel the sorrow. That's okay, just allow yourself to feel it, let the feeling surface, it's alright, it's just a feeling, let it surface. Can you allow it to be released?
Mary : Yes, you can.

Haier: Are you willing to let it go? (Nods) When?
Mary : Now.

Haier: Feel this sorrow again, simply allow yourself to feel this sorrow. Really, just let yourself feel it; remember, it's just a feeling. Can you let it go? Can you?

Mary : I can.

Haier : Are you willing to let it go ? (Student nods) I think 她I just released some feelings .
Mary : Yes.

Haier: When will it be released?
Mary : Now.

Teacher, OK , good. You've released some feelings; now feel the remaining sorrow, just let yourself feel it. Can you let it go? Can you?
Mary : Yes, I can.

Haier: Are you willing to let it go?
Mary : Yes.

Haier: When?
Mary : Now.

Haier: Great, how are you feeling now?
Mary : I feel much more relaxed now.

Haier: Feeling much better? Just to be on the safe side, let's release some more sadness. It seems there might still be a little bit left.
Mary : Yes.

Haier: Just allow yourself to experience it.
Mary : I want to suppress it.

Haier: Compared to suppression, why not let it go?
Mary: OK .

Haier: That's much better. Let yourself feel the remaining sadness. Letting go is better than suppressing it. Can you let go of it ? Can you?
Mary : Yes, you can.

Haier: Are you willing to let it leave?
Mary : Yes, I put some in.

Haier: When will it be released?

Mary : Now. I think I've released a lot of emotion, and a little bit, though.

Teacher: Do you want to release it yourself next?
Mary : Yes.

Haier: OK . You can check two boxes now. One is "Have you released it?", and the other is "How do you feel?". By the way, when you reach a certain point and want to release it yourself, you always have that option; you can tell me anytime .
Mary : You should have told me sooner (laughs) .

Haier: (Laughs) Everyone move aside, I'm going to do it myself. Releasing it myself is perfectly fine; it's a method of self-practice. Let me emphasize again, you'll see that Nikki and I are going to do something for the students here and their families in this class : our job is to make it so that you can use it and no longer need us . But that's exactly what we're trying to do, that's what we're striving for.

In fact, as the course progresses, you'll even find that you ask release questions less often, because you can directly enter the release process, and you'll be releasing internally without us doing anything. At the same time , you'll need to release questions less and less; you'll be able to use this innate ability to let emotions go directly.

I think it's time for those of you who are at home to use this workbook, so I believe you've already done some releasing, just like everyone else. Now, choose a new topic, look at it, and see how you feel about it right now. Now, wherever it is on the emotion chart, look at its position and see if it's despair, fear, grief, or whatever—whatever it is, it's just to let you confirm this feeling on the emotion chart. Once you've confirmed it, write it down in the " How do I feel about it right now?" column.

Simply allow yourself to feel what you are feeling right now.

Can you put it down?

Are you willing to
let it go? When?

Re-experience your current feelings, and the remaining feelings, whatever they may be; simply allow yourself to feel them.

Can you make it leave?

Would you like it
to leave? When?

Now let's do it again, just let yourself feel how you feel about that topic right now, just let yourself feel it.

Can you let it go?
Are you willing to
let it go? When
will you let it go?

Now, if you let go of that feeling, check the "Are you free?" box.

Now focus your attention back on this topic. Only by focusing on it can you see how you feel right now, and see if you can find it on an emotion scale. See if it's utter despair, sorrow, fear, greed, anger, or pride—whatever it is.

Just allow yourself to feel it, and then write it down.

Can you allow it to
be released? Are you
willing to release
it?
When will it be released?

It's just letting you experience the remaining feeling yourself, simply allowing yourself to experience it.

Can you put it down?
Are you willing to
let it go? When?

Look into your own heart and feel how you feel right now.

Can you put it
down? Are you
willing to let it

go? When?

Now, if you've completely let go, check the "Are you free?" box. If you're starting to feel good about this topic, check the "Feeling good?" box. Now, if you need more time, now is a good time to pause the tape and continue releasing on the workbook. The more items you list on the workbook, the less bound you will be to them.

(Please pause the tape and resume playback, making sure you write down what you've learned. Continue when you're ready .)

Michael (sharing):

I used to be a very rigid person, but I learned how to relax. I felt that I might have faced a heart attack, but now that will never happen.

Cheryl (graduated in 1991):

I'm sleeping much more deeply now, which is great, especially for me, because I used to sleep poorly and didn't dream, which I longed for. Now, when I feel tired, sometimes my back hurts when I'm working because I'm constantly bending over. If I encounter a very tall person, I have to work differently, and I've released that back pain, making my work easier. I can release it naturally now because I 've started to release it consistently.

Haier: Great, that's a good idea.

Cheryl : Yes.

Wade (graduated in 1991):

I wouldn't say I'm prone to migraines, and I hope I've never had one, but on Wednesday, my migraine came back and lasted almost all day. But thinking about it, this time it didn't seem as bad as usual; I could even eat lunch, which is usually impossible when I have a headache. I'm genuinely surprised that I can relax and focus now. I've shed my old self, which doesn't happen often, and hopefully, things will get better.

Mary (sharing):

Since taking this course, I've become more forgiving of myself, and I feel I'm more forgiving of others as well. I think I used to have a

lot of anger in my life, and when I first took this course, I released a lot of that anger , which changed my personality. The release changed me so much that my colleagues kept asking me what I had done and what had happened to me. Because they noticed such a significant change in me, I feel it has been very meaningful to me.

Haier: You've all done very well. This is a new process, so it might be a little difficult at first, and you might not be so confident in yourself, but I just want to assure you that whatever you've achieved so far is just the beginning. Remember, we are reversing a lifelong habit of suppressing emotions.

Release your emotions, so you'll be able to use the release technique more effectively. It may take a little time, but remember, just like a muscle you haven't used in a while, the more you exercise it, the stronger it becomes. The more you use this technique , the easier it will be for you to do.

We're about to take a break, and it's crucial to remember to practice the release technique continuously. Don't wait until something major happens to embarrass you before releasing your emotions. Don't wait for big emotional outbursts; practice with small things. For example, if someone says something you don't like, imagine you're out eating and the food is being served very slowly. See how you feel. Or, imagine you're driving on the highway and someone overtakes you; this can sometimes trigger your emotions.

So whatever happens in your life, big or small, that triggers your emotions, you need to make the release method a habit . Remember, you'll definitely do something about your emotions; if you don't release them, they're mostly either suppressed or vented. Now that you've learned the release method, you have a choice, so the more you practice, the more you'll benefit from it. Wait at least an hour and a half before turning on the next tape. We'll be back in a bit, thank you.

(Please watch the second tape 90 minutes later and make sure you write down what you've learned .)

Edited by:

Omi;

Compiled

by: Jian

Proofread

by: Jue'ai

Headquarters: Li Maomao

Original Sedona Release Method 1992 Teaching Video 2

John (graduated in 1991): I am happier, healthier, and more fulfilled than I have ever been in my life. It's amazing that I use this method every day. I wake up in the morning feeling happy all day long, and many wonderful things happen during the day.

Carolyn (graduated in 1991): I think it was full of love, and I felt so peaceful. We've talked about having peace in our lives, and this has come true. When you release these different negative emotions, you can feel peace immediately. I feel it was all worth it; it's a way of thinking.

Nikki: Welcome back, everyone, both in person and at home. You've probably noticed your gains already . I just want you to remember to write them down, whether they're small or big, they're all equally important. So be sure to write them down and use them to verify your progress. You, and those at home, have noticed when watching others release, that people laugh or just smile. I'm just reminding you again, you don't need to do this every time you release. You might find it happens naturally, but if it (smiling) doesn't happen, that's okay too. As Haier said earlier, some quiet releases are actually our deepest releases. So really, don't try to judge whether you're doing it right or wrong, just let the release be natural and simple.

Now let's look at our worksheets. Turn to the page that says "Suppress or Express." Those of you at home, please do the same. What we've been doing all along is either suppressing or expressing. We constantly suppress our emotions. Let me first talk about "suppression"

and reiterate what Haier said before. Suppression is when uncomfortable feelings arise, we simply try our best to suppress them, not to feel them. These feelings are uncomfortable; we don't want them, so we suppress them. The other way we do this is "expression," which is turning feelings into action. What do we do? Maybe we yell at someone, maybe we cry—basically, we do whatever we want to do.

Now, what we're going to do is think of a few examples of when you're suppressing or expressing your feelings. I hope you can recall those details. Because we've been doing this all along, it will help you remember the specific scenarios in which you did these things—it could have happened last week, it could have happened a year ago, or it could even have happened when you were a child.

It happened at those times. Now, let's take some time to think about those times when you suppressed or expressed your feelings. Let's take some time to do that.

I recall a specific incident where I suppressed my feelings :	How do I feel about it right now ?	Has it been relea sed ?	How are you feeli ng ?
I recall a specific incident when I was expressing my feelings :	How do I feel about it right now ?	Has it been relea sed ?	How are you feeling ?

*Have I fully released myself ? +How do I feel about it now ?

(Please pause the tape and fill out the form. Continue when you are finished .)

Okay, the first thing you need to do with the worksheet is to write down a specific scenario—a time when you suppress or express feelings—and then feel how you feel about that situation. When you do this, write it under the "How I feel right now" column. Then we'll use the release technique to help you release those feelings. When you feel your feelings have been released, check the "Released? Let go" box. Usually, we need to go back and check our feelings because we often have more than one feeling when these things happen, so we need to continue releasing those feelings until you feel good about that particular time or situation .

For those of you at home, you can also follow along with us using your own examples, so you can apply this technique yourself.

○ 1 Nikki: Okay, who wants to be first? Alright, Rodney, what do you want to release?

Rodney: One of my goals is to resolve my debt problem, not through bankruptcy or anything like that, but through legal means, to pay back the money I owed to those who lent me money. Sometimes I suppress my ability to do certain things, and other times I express anger or frustration because of my debt, which financially hinders me and limits my resources.

Nikki: Okay, can you think of a specific example? Rodney: Yes. For example, when writing a check or paying a bill.

Nikki: Okay.
Rodney: I thought it was the money that brought disproportionately much pleasure.

Nikki: Okay. Think about it, how do you feel right now when you're trying to write a check and pay a bill? Rodney: Someone else controls my checkbook.

Nikki: Okay. What will it make you feel? Rodney: A bad feeling.

Nikki: Can you pinpoint what emotion this is? Rodney: A sense of powerlessness.

Nikki: Powerlessness, okay. Where would you put powerlessness on your emotion chart? Rodney: I noticed that one of the feelings is frustration, which falls under anger.

Nikki: Okay, but let's first jot down this feeling of powerlessness, even though you might feel differently about it. Let's see where you place your feelings of powerlessness.
Rodney: Utterly despondent?

Nikki: Yes, that's right. Okay, now just come with me and allow yourself to feel that sense of powerlessness or despair . Can you feel it?

Rodney: I can.

Nikki: Okay, can you get rid of that feeling of utter despair? Rodney: Yes.

Nikki: If you could, would you? Rodney: Yes.

Nikki: When are you willing to let it go? Rodney: Let it go now.

Nikki: Great. See if you still feel that way? Go back and check to see if you can feel the remaining sensations. Rodney: Yes, there are still some.

Nikki: Okay, can you feel the remaining sense of powerlessness, or utter despair? Can you let it go? Rodney: Yes.

Nikki: Great. Would you like to?
Rodney: Yes.

Nikki: When do you let
it go? Rodney: Now.

Nikki: Good, that's it. Let's check again to see if there's any more sense of utter despair. Rodney: Just a little bit.

Nikki: Okay. Let's release the rest. Just allow yourself to feel the rest. Can you release it?
Rodney: Sure.

Nikki: Have you decided
to release it? Rodney:
I have.

Nikki: Great, are you
willing? Rodney: Yes.

Nikki: When are you willing
to let it go? Rodney: Let it
go now.

Nikki: Okay. Now, let's see. Do you still feel helpless or utterly hopeless? Rodney: I feel better.

Nikki: You could re-examine that feeling of powerlessness, that sense of despair, those feelings you want to let go of. So I want you to think back to that specific example in your mind, when you were writing the check, and see if you feel something different there. What are you feeling right now?
Rodney: I feel there are things I can do to improve this situation.

Nikki: Okay. Where would you put it on
the mood chart? Rodney: Fearless.

Nikki: Hmm, in a fearless state, what do you think you can do? Do

you think that's a gain? Rodney: Yes, definitely.

○ 2 Nikki : Okay, you can write this in your notebook. Okay, who wants to be next? Michael.

Michael, can you think of a specific situation where you still feel something or someone in it ?

Michael: Yes.

Nikki: Okay, let's address that situation. When did it happen? Perhaps you could tell us about it.

Michael: I once worked with a colleague. We'd been working together for a few weeks, and one day he criticized my outfit, so I let him... (laughs)

Nikki: How do you feel now? You've been released (laughs). How do you feel now? How did you feel when he said those things to you?

Michael: Yeah, it feels like, I wish I hadn't reacted that way, really.

Nikki: Okay. Where would you categorize this feeling, or what emotion would you put it under? Is it regret? Michael: Yes, maybe embarrassment, but more like regret.

Nikki: Okay. So it's like a feeling of sadness?

Michael: No, he deserves it. I wish I could, I wish I could control myself better (my emotions) .

Nikki: Okay. Okay, you can write this sentence in your notebook: "I wish I hadn't said anything," and "I regret saying these things." Try to feel that feeling. Can you feel it? Michael: Yes, I can.

Nikki: Can you let go of that feeling? Michael: Yes, I can.

Nikki: If you could, would you?

Michael: Of course, it's gone, when I think about it.

Nikki: Good, it released itself. Think about it again, Michael. Okay, do you still feel that regret ?

Michael: That's all.

Nikki: Okay, when you think about it, by the way, you can check the box next to "regret," and think back to the situation. Can you still feel any other emotions there?

Michael: It's a bit like pride and arrogance; at least I spoke up for myself.

Nikki : Okay. Just let yourself feel that sense of pride and arrogance, and write it down in your notebook. Allow yourself to feel it. Can you let that sense of pride and arrogance go away?
Michael: Yes, I can.

Nikki: Are you willing?
Michael: Yes, I am.

Nikki: When do you want to let this feeling go? Michael: Now.

Nikki: Just trying to see if there's any pride or arrogance left, Michael. Michael: Maybe a little.

Nikki: Okay, can you decide to let it go? Michael: Yes, I can.

Nikki: Great, are you willing? Michael: Yes.

Nikki: When? You don't know?
Michael: No, I feel great now, thank you.

Nikki : Great. Wait a minute. Let's go back and think about that specific incident again. How are you feeling now? Michael: I feel like I can accept it. It feels good.

Nikki: That's great. Do you think that's a gain? Michael: Yes, of course.

○ 3 Nikki: Great, don't forget to write this in your logbook. And check the box next to "Feeling good." Michael, you've released this scene; you can move on to the next one. Who wants the next release?
Chris: I've found something interesting. When I try to recall specific scenarios where I've suppressed my emotions, I realize I've become an

expert at suppressing them. Because in certain situations, like problems happening at home. But when you go out to work, to do what you're supposed to do, you find that you can't handle the problems at home while you're at work, and in order to work normally, you have to suppress those problems. Like I've found, in this scenario where I'm releasing my emotions, I was arguing fiercely with my roommate, and for work I had to put that aside and go back to work...

Looking back, I see a lot of guilt and regret about the argument, and I suppressed them so I could continue working normally.

Nikki: Okay. What do you think of this example now, Chris? How are you feeling right now? Chris: I think the strongest feeling is **guilt**.

Nikki: Okay. Write down your guilt. Which category on your emotion chart would you categorize it into? Guilt. Chris: **Sorrow**.

Nikki: Okay. Now I want you to feel this guilt or sorrow. Can you feel it? Can you let it go?
Chris: Sure.

Nikki: You can, are you willing? Chris: Yes.

Nikki: When are you willing to let it go? Chris: Now.

Nikki: Okay. Feel it again, the remaining **sorrow**. Or perhaps there are **more feelings**, can you feel them ?
Chris: Hmm.

Nikki: Can you let this guilt go? Just feel it. Chris: Yeah.

Nikki: Are you willing? Chris: Yes.

Nikki: When are you willing to let it go? Chris: Now.

Nikki: Okay. Think back to that time, can you feel more of what you felt then? Chris: Some of it is still there.

Nikki: Okay, no problem. Just feel the rest, Chris. Those feelings of

sorrow. Can you feel them?

Chris: Hmm.

Nikki: Can you put it down?

Chris: Sure.

Nikki: Are you
willing? Chris:
Yes.

Nikki: When are you willing to let
go of this feeling? Chris: Now.

Nikki: Okay, that's
good. Chris: I feel
much better.

Nikki: Now think about that example again. When you have a heated argument, do you feel anything else? You have to go to work and can only suppress those feelings.

Chris: Maybe there's a little bit of anger in it.

Nikki: Okay, just allow yourself to feel that feeling, that anger that arises when you think about it. Can you let go of that feeling of anger?

Chris: Sure.

Nikki: Are you
willing? Chris:
Yes.

Nikki: When are you willing
to let it go? Chris: Now.

Nikki: Okay. Let's see, anything else?
Chris: I feel great.

Nikki: Great. Now you can mark both the good and the angry feelings. If you still feel anything, let it go. Okay, Chris. **When did you express your feelings?**

Chris: The first example that comes to mind is an evening when I was driving my car, a new one. Someone rear-ended me, and naturally, my first reaction was anger. So I got out and got into a physical altercation with the person who hit me, because they had no reason to do so. They hit me, and then it's easy to revisit that angry state of mind. Because since the car was fixed, I've genuinely regretted what happened. I got out of the car and got into a physical altercation with that person. But at the same time, you get stuck in that anger.

Nikki: Yes.
Chris: Is it always wrong to express feelings?

Nikki: Okay. My answer is that **there are emotions behind your question, and you might want to see what kind of feelings are behind it**. Are you aware of the feelings behind your question?
Chris: Guilt, feeling guilty for doing that.

Nikki: Okay. Where would you put it on the emotion chart? Do you still feel guilty? Chris: Am I stuck here?

Nikki: You'd be surprised how many feelings we have, I mean, yes. You know, sometimes our feelings just keep popping up.

Chris: Yes, I think it's still **guilt**.

Nikki: Okay, so try to feel it. Can you feel it? Chris: Yes.

Nikki: Can you put it down? Chris: Yes.

Nikki: Are you willing? Chris: Yes.

Nikki: When will you let it go? Chris: Now.

Nikki: Can you feel more sadness?
Chris: Yes, some.

Nikki: Okay. Can you release it? Chris: Yes.

Nikki: Are you willing? Chris: Yes.

Nikki: When are you willing

to let it go? Chris: Now.

Nikki: Great. Let's check again, is that feeling still there? Chris: It feels much better, only a little bit left.

Nikki: Okay, for the last little bit, feel it again yourself, can you let it go? Chris: Yes.

Nikki: Are you willing? Chris: Yes.

Nikki: Great, when? Chris: Now.

Nikki: Okay. How are you feeling now? Chris: Much better.

Nikki : Okay. Think about this example, you got rear-ended, how do you feel about it now? Chris. Think about what happened, see how it feels, can you imagine yourself getting out of the car? You had physical contact with another person.

Chris: Once again, I felt **angry**.

Nikki: Okay. Feel it one more time, let yourself experience it. Can you put it down? Chris: Yes.

Nikki: Are you willing to let go? Chris: Yes.

Nikki: When are you willing to let it go? Chris: Now.

Nikki : Okay. See if you can still feel any lingering anger there? When you think about that situation or that event, just let yourself feel it, can you decide to let go of the anger?

Chris: Sure.

Nikki: Are you willing? Chris:

Yes.

Nikki: When are you willing to let go? Chris: Now.

Nikki: Okay.
Chris: I feel much better.

Nikki: Very good.
Chris: I don't know why it keeps following me.

Nikki: Yes! You'd think it was amazing. These things happened two or three years ago, but we never really dealt with those feelings. **All we did was suppress them**. But you know, even so, sometimes...
You're walking down the street, and suddenly you feel this feeling, a feeling that started three years ago. But actually, we don't need to carry it with us. Now, with the release method, you can turn this situation around. When you notice those feelings rising, you don't have to suppress them; just let them surface and release them yourself. Chris, you can write down this release in your notebook. Check the appropriate column.
Chris: Okay.

I recall a specific incident where I suppressed my feelings:	How do I feel about it right now?	* Released Right?	+Feeling good Right?
My roommate and I had a huge argument, but I had to put it aside for work. Looking back, I felt a lot of guilt and regret about the argument, which I suppressed so I could continue working normally.	Guilt -> Sorrow and Regret	* Released Right?	+ Feeling good Right?
I recall a specific incident when I was expressing my feelings:	How do I feel about it right now?		

It was one evening, and I was driving my car, a brand new one. Someone rear-ended me. Naturally, my first reaction was anger, so I got out and got into a physical altercation with the person who hit me, because they had absolutely no reason to do so. They hit me, and then I easily recalled my angry state at that moment . Because since the car was repaired, I've genuinely regretted what happened.	Guil t and ange r			
	*Have I fully released myself ?		+How do I feel about it now ?	

○ 4 Nikki: Thank you. Okay, anyone else want to release something? Okay , Greg.

Greg: I'm currently dealing with insomnia, which is related to allergies, and I think it's a combination of all my feelings. A specific example I'm trying to release is that I do things to avoid going to bed at a reasonable time, like watching TV, playing pool, or doing other things, like making a schedule for the next day. I'm just afraid to go into my room, relax, and go to bed.

Nikki: Okay. Do you remember when this last happened? Greg: 12 hours ago.

Nikki: Okay. Let's use that time to release tension. Greg: Okay. Every day.

Nikki: Okay, think back to last night when you wanted to go to bed but knew it was too early, and you couldn't fall asleep after going to bed. How did you feel then? Now that you think about it, how do you feel? Greg: I'm still scared.

Nikki: Okay. Just feel it, Greg, that feeling of fear, can you feel it? Greg: Yes.

Nikki: Good. Can you let that feeling of fear go away? It's just a feeling. Greg: I let some of the feeling go away.

Nikki: Great. If there were more, would you be willing to let them leave? Greg: Sure.

Nikki: Okay. When are you willing to let it go? Greg: Now.

Nikki: Okay. Go and feel the rest, Greg. Greg: Actually, just thinking about it makes me feel like I can't breathe.

Nikki: Okay. How does it make you feel? Greg: It makes me more afraid.

Nikki : Okay. It's like a vicious cycle. It's about feeling, what's there right now? Can you feel those feelings of fear? Greg: There's still some feeling left, I've released a lot.

Nikki: Very good. There's only a little left. Can you put it down? Greg: Yes, I can put it

down.

Nikki: Are you willing to let
it go? Greg: Yes, I'm
releasing it now.

Nikki : Great. You can try to think about a scenario where you couldn't fall asleep last night, or you were about to go to bed but felt it was too early and didn't have any expectations for it. How does that make you feel?

Greg: That doesn't seem that important.

Nikki: Okay. Greg:
That's a good direction.

Nikki: Definitely. Where would you categorize this feeling on your emotion chart? Greg: It doesn't matter. It's good. I think it's almost in the acceptance category.

Nikki: Yes, absolutely. That's great. Here's a suggestion, Greg. You can make release the first thing you do when you wake up in the morning and the last thing you do before you go to sleep at night. It's a really good opportunity for release. Especially if you know you have trouble sleeping, you can try to feel what's there. Then release it. You know, you might feel: I know I won't be able to sleep again tonight. That means you have more fear, or rather, despair.

Greg : Yes, I feel desperate. What's the point of sleeping like that, waking up in the middle of the night? It's almost morning.
You need to get up, you know.

Nikki: That's right. You can look at how you feel before going to sleep and then release those feelings. Many graduates have reported that when they do this, they have a completely different night—much calmer and more relaxed. Then they can fall asleep. I previously had a [something] from Orange... A student from the county , when he came to class, had insomnia; in fact, he had just returned from the Gulf War. Every night, he had nightmares and woke up at the same time. He told me, "It was so punctual, I didn't even need to check the time. I knew what it felt like, and I had to release it." The reality was that on the third day, when he came to class, he walked in and said, "I have something to share. I can't believe it! Last night, for the first time, I fell asleep

and didn't wake up. I didn't check the clock; I slept all night!" He added, "I did it by releasing before bed." He said it was amazing, and he's been doing it ever since. Releasing before bed has helped him a lot 帮; you should try it too. Now let's look at the part about expressing emotions—how you express the emotions you feel.

Greg: I was dealing with the same problem this morning. I didn't fall asleep until around 2 or 3 a.m., then woke up again at 4 a.m., and just as I was about to drift off again, my dog started barking incessantly. The barking completely woke me up, and my immediate reaction was, "Shut up, you're dead." I was really angry.

Nikki: Write down your anger at the time under "How I feel now". Greg: Okay.

Nikki: Okay, imagine your dog barking and waking you up. Feel that anger. Can you let go of that anger?
Greg: Yes, I can.

Nikki: Do you want to? Greg: Yes, I do.

Nikki: When are you willing to let it go? Greg: Now.

Nikki: Okay, let's see if there's any anger left. Greg: No.

Nikki: Okay.
Greg: It doesn't matter anymore. It's okay.

Nikki: Okay, you think it's okay for it to do this? Greg: Yes.

Nikki: Great, it's hard to stop a dog from barking. We can't always change the external world, we can't always change what's happening around us , but you can change how you feel about it.
Greg: Yes, that's the key.

Nikki: Actually, this is how you deal with your emotions. Greg: Yes, thank you very much.

Nikki: Thank you, Greg . Don't forget to write it down in your journal, and remember to affirm yourself.

Now we're going to do some release with our viewers who are at home. You can continue to release, using an example from your notebook, an example of your suppressed or expressed emotions. Now let's release together!

Okay, if you're at home, find a comfortable place and focus on your core feelings. Take a specific example you wrote down—an example of something you're emotional about. See how you still feel about that thing now. Once you've identified your feelings, write them down under "How I feel right now." And again, if you think using an emotion chart will help you identify your feelings, you can use an emotion chart to help you find that feeling.

Whatever that feeling is, let yourself experience it.

Can you let go of

that feeling? Are

you willing to let

it go?

When do you want it to leave?

To feel the remaining feelings is to allow yourself to experience them.

Can you put it down?

This is just a feeling. Are you

willing to let go of that feeling?

When will you decide to let go?

Take a look, let yourself feel the rest of that feeling. There may be more; you can't always let all the feelings go at once, sometimes it takes several times, just let yourself feel the rest.

Can you let it

go? Are you

willing to let

it go?

When will you be willing to let go?

Okay, and then you may have let that feeling go. If you have let it go, you can cross it out (mark it) under the "Let go" column.

But let's think about that example again and see how you feel about it now, and see if there's a different feeling there. Whatever that feeling is, let's write it down in the "How I feel now" column.

Whatever that feeling is, let yourself experience it.

Can you let that feeling

go? Are you willing to

let it go?

When do you let it leave?

Let yourself experience that feeling again, whatever the remaining feeling may be.

Can you let go of that feeling?

Whatever it is, are you willing to let it go?

When do you want it to leave?

See what feelings remain, and allow yourself to experience those remaining feelings.

Can you put it down?

Remember, this is just a feeling. Are you

willing to let that feeling go? When do you

want it to go?

Great. You probably feel much better about it now. If you need a little more time, you can pause and continue releasing until you feel good about the situation. Once you feel good, check "Did you release?" Check the "Let go" box and the "feel good" box.

(Please pause the tape and continue releasing the pent-up emotions. Once you're finished, continue.)

Janet (graduated in 1978): Using the Freedom Method has made me a completely different person. When I first came to the class, I didn't know how to face everything inside me; I didn't even know what they were. The Freedom Method truly gave me a tool that I can always carry with me. It's my best friend; it's with me wherever I am. It allows me to truly take control of my life and how I feel about what happens. I never knew such a thing existed. It has helped me regain many things I had lost; before, I didn't even know what I had lost.

Laura (graduated in 1981) : My advice to anyone who wants to learn this skill is based on my own experience. I come from a family where stubbornness is considered a virtue. Just let yourself be stubborn, just feel your center of feeling, give yourself a chance to feel it, and then you can truly enjoy what you want, as long as you give

yourself a chance to do it.

Nikki : Okay, now we're going to take a break. I suggest that those of you at home also take a break. If you need more than 15 minutes, that's fine. If you need more time to continue releasing , that's okay too. But please focus on what you're releasing and see what feels there. If you can't come back within 15 minutes, maybe you'll need an hour or two to start again, and that's fine too. But please continue releasing what you're focused on; that's how you get the most out of this course.

(Please pause the tape for a break, write down what you've learned, and continue when you're ready .)

Adam (graduated in 1980): Just go for the release, because after the release your life will be completely different, and believe it, believe in yourself, because it works. It's the simplest and most effective thing you can do, and it will change everything.

Stuart (graduated in 1977): So I stepped out of my old patterns, 24 hours a day , you know, everything has a routine, work, family, I can decide, and make my life the way I want it to be, and that's a huge revelation. Now I'm my own boss, I live where I want to live, and whenever I encounter any obstacles, I know I can handle them this way, and that's the most powerful force I think you can have.

Haier: Welcome back after your break. I just wanted to remind you of something, something I think you've already begun to understand: no matter how big the feeling is, no matter how long your problem has been going on—some of your feelings may have existed since you were three years old—it's just a feeling. If you only remember this one thing, it will help you open your heart, let the feelings surface and leave. At the same time, another important thing to remember is that when you begin the release process, sometimes feelings will surface because you're no longer suppressing them as much as before. This is a normal process. If you suddenly feel that you have more feelings than before, that's not true. Those feelings have always been there; you've just been good at suppressing them. So when you stop suppressing them, when you start releasing more feelings, you may become aware of more feelings than before. This isn't regression; it's definitely progress, because just because you're not aware of them doesn't mean they haven't affected

your life.

As I mentioned before, we're very good at suppressing feelings. We don't even realize we've been suppressing these feelings until it's too late, the body has already done damage, we've made a mistake, and we explode. These feelings—when you let them surface—you begin to release them, and the results you see will be absolutely amazing. The next release chart we'll work on is the one about success. Please take out your workbook, if you haven't already. Then turn to the page in the workbook that says "Success" at the top.

Success is a very broad topic. When I talk about success, we usually think of business success first , but that's not the only thing I'm talking about. You might want to be successful in a relationship, or be a successful parent. We live in a very success-oriented society, and we're always trying to succeed in everything we do. Sometimes we feel successful, sometimes we don't. So this is a very sensitive topic for all of us. That's why we're releasing this table. What I want you to do, both those of you here and those of you at home, take some time to think about a specific example of what you want to be successful in. That's the focus of our next section, so take some time to find a specific area where you want to be more successful.

theme :_____

My current sense of success What is awareness?	* Released Right?	+ Feeling good Right?	My current feelings about failure What is awareness?	* Released Right?	+ Feeling good Right?

Have I fully released myself ? How do I feel about it now ?

(Please pause the tape and fill out the form. Continue when finished .)

Haier: Okay, now, this table is very similar to the one we released before. You'll notice there are two columns, one asking, "How do I feel about succeeding in this field right now?" and the other asking, "How do I feel about failing right now?" Usually, we only look at one side. Now, we're going to release both sides together—our feelings about failure and success. When you release both sides together, you can achieve true success in your chosen field. Who has something they want to release? Let's get straight to it. Please remember, those of you

watching this video, please do your best to participate and release. When others release, you release too.

○ 1 Cheryl: The topic is dealing with feelings. Sometimes when something happens, it immediately changes my mood and attitude. It feels like I have no control over them at all. I hope I can **manage my emotions more successfully** .

Haier: Okay. How do you **feel now about successfully managing your emotions ?**

Cheryl: I want it.

Haier: You want it? Okay, write it down. What is it? What kind of feeling is it? Utter despair? Sadness? Fear? Greed? Anger?

Cheryl: greedy.

Haier: Greed? Okay. Write down the greed. Okay. Now **just let yourself feel that greedy feeling**, can you let it go?

Cheryl: I can.

Haier: Are you willing?

Cheryl: I do.

Haier: When?

Cheryl: Now.

Haier: Okay. Now let's see if there's any remaining feeling of greed, just let ourselves feel the remaining **greed of "wanting to do the right thing"**.

Cheryl: It's not very strong anymore.

Haier: Okay. But you did feel something, didn't you?

Cheryl: I think so.

Haier: It's just letting you experience that feeling of greed. Can you let it go?

Cheryl: Yes, I can.

Haier: Are you willing?

Cheryl: Yes.

Haier: When?

Cheryl: I'm a little confused, I was a bit ahead of my time...

Haier: Yes, you're starting to feel it. Once you leave, once you move from here to here (the counselor points to the head and then moves to the center of the chest), you easily release it. Okay.

Cheryl: It feels like I want to follow what you say.

Haier: Let's look at it again. How do you feel now about successfully managing your emotions? Is there still something more you crave?

Cheryl: I still have some things I want.

Haier: Okay, there's still some greed. So just let yourself experience the feeling of the remaining greed.

Cheryl: Okay. (Nods)

Haier: Okay, can you let it go? Sometimes, if you release it, more will come out later.

Cheryl: Okay.

Haier: It's just letting you experience the rest of your desires, whatever they may be.

Cheryl: I can't find it.

Haier: You may have already released it. Okay. In ″ let Check the box for ″Go?″. Now, how do you feel? Do you feel better? Or is there another feeling? Do you feel successful?

Cheryl: I feel a bit of fear that it might not succeed.

Haier: **About not succeeding?** Okay, write it down. Just let yourself feel the fear; can you feel it?

Cheryl: Yes.

Haier: Can you allow yourself to let go?

Cheryl: Yes, I can.

Haier: Are you willing?

Cheryl: Yes.

Haier: When?

Cheryl: Now.

Haier: Okay. Now feel the remaining fear, just feel any remaining fear.

Cheryl: Okay.

Haier: Okay, can you make it go?

Cheryl: Yes.

Haier: Are you willing?

Cheryl: Willing.

Haier: When?

Cheryl: Now.

Haier: Okay, how are you feeling now?

Cheryl: Much better.

Haier: Much better? Is there still a little bit left?

Cheryl: Yes. I think I still feel a bit of a craving.

Haier: Okay, one more thing. Just let you feel it for yourself. Whatever's left, can you make it go ?

Cheryl: Yes.

Haier: Are you willing?

Cheryl: Willing.

Haier: When?

Cheryl: Now.

Haier: Okay, I think there are two checkmarks.

Cheryl: Yes.

Haier: Very good. How do you feel about failure, and how do you manage to

control and be the master of your emotions?

Cheryl: I feel a kind of anxiety. I'm not sure if it's fear or something else. I really want to control it.

Haier: Which column of the emotion chart is this? **The feeling of anxiety** .

Cheryl: It could be fear.

Haier: Okay, now let you experience the feeling of anxiety and fear yourself.

Cheryl: From the moment I thought about it, I wanted it to leave.

Haier: I think you've released some of that. So just go and see what's left. Let yourself feel the remaining fear. Can you feel it?

Cheryl: Yes, I can feel it.

Haier: Can you put it down?
Cheryl: Yes.

Haier: Are you willing to put it down?
Cheryl: Willing.

Haier: When can you put it down?
Cheryl: Now.

Haier: Okay, how about now?
Cheryl: It's much better now.

Haier: Much better, that's great. But there's still one thing, isn't there? Okay, just let yourself feel the remaining sensation. Can you feel it?

Cheryl: Hmm.

Haier: Okay. Can you put it down?
Cheryl: Yes.

Haier: Are you willing?
Cheryl: Willing.

Haier: When?

Cheryl: I just released.

Haier: Okay. Very good. Do you feel like you've been released?
Cheryl: I think so.

Haier: Very good, are you feeling better about this?
Cheryl: Yes. I feel much better about it!

Topic : Managing My Emotions More Successfully

How do I feel about success right now ?	* release Already Right?	+Feeling good Right?	How do I feel about failure right now ?	* Released Right?	+Feeling good Right?
Greed			fear		

Have I fully released myself ? How do I feel about it now ?

○ 2 Haier: Okay. Two more checkmarks (marks). I think that's enough for you to get started. You can continue releasing your own forms while I find the next one, okay? Remember to continue releasing yours while others are releasing theirs. So, who else wants to release their success forms?帮

Graig: I want to manage my time more successfully. I just turned 40 , and compared to my previous life, I have so much more to do now. Sometimes the pressure is so great that I don't even know where to begin. I always feel like I'm not doing enough, and this anxiety brings a lot of heavy feelings.

Haier: Yes, that sounds like a lot, but let's focus on the success aspect first. How do you feel about successfully managing your time?
Graig: I have a feeling of helplessness.

Haier: Are we powerless? Where does this appear on the emotion scale?

Graig: means utter despair.

Haier: Utter despair. Okay. So just let yourself experience that feeling of utter despair. Can you feel it ?

Graig: I think it's gone.

Haier: I think you've let it go. Again, you don't have to wait for us to ask you questions. Remember, **we're the ones who let ourselves go.**

Express the feeling, rather than hold onto it .

Graig: I hate that feeling. I think I'm angry because I have too many of those feelings.

Haier: Yes. So maybe this is the next feeling, so feel the anger. (Graig laughs) You let the anger go. Looks like I'm about to lose my job. (Everyone laughs) You know, watch it again, see if there's any anger left?

Graig: It's gone. I feel a little sad about it now.

Haier: Okay. So, the feeling of sorrow and bitterness came over you?

Graig: I spend most of my time in that feeling.

Haier: Okay, so this is a bitter feeling.

Graig: There are many

Haier: Okay, just let you experience it for yourself. Can you allow that feeling of sorrow to be released? Can you?

Graig: I can. But...

Haier: Are you willing?

Graig: I don't know.

Haier: No matter what, I'll still ask you, when? (Everyone laughs)

Graig: Wait a minute...

Haier: But anyway, you've let some things go. Yes, you've started thinking, and it's best to express it. Lester Livingston, the founder of the Santo Dona Release Method, said: ″ **Express it." Thinking is very bad** . Because we're used to using thinking to stop ourselves, so how do you feel now?

Graig: I'm still a little sad.

Haier: Okay. So just let yourself feel the sadness. Now, can you let it go?
Graig: Yes.

Haier: Are you willing?
Graig: Willing.

Haier: When?
Graig: Now.

Haier: Okay. How are you feeling now?
Graig: It feels very clear.

Haier: Feeling clear? Good. Give yourself a few checkmarks, stop and check them now. (Students laugh) **How do you feel about failing to manage your time now?**
Graig: I don't know. He seems a bit **angry** .

Haier: Angry? Okay.
Graig: I use anger to motivate myself.

Haier: Okay, so you feel angry now, can you feel it?
Graig: Yes.

Haier: Okay, can you let your anger out?
Graig: Yes.

Haier: Are you willing?
Graig: Willing.

Haier: When?
Graig: Now.

Haier: Okay, just feel that anger again, just feel the remaining anger.
Graig: Very few.

Haier: But there are still some. (Students laugh) Okay, I'll let it go. If you insist. (Everyone laughs) Okay, everyone, if you want to hold onto a feeling, don't let me get in your way. (Everyone laughs) But it works. All we do here is give you a choice. Before you took this course, before you learned how to release, you didn't always have a choice. Yes, sometimes you release unintentionally.
To control your feelings, usually you don't have a choice. Everything 帮 we do here is to help you truly understand the fact that **you always**

have the power to choose your feelings, so you can always...

The choice is to release it or keep it. The more you release, the better you feel. So how do you feel now?

Graig: This is a relief. It's good to have choices.

Haier: Yes. Okay. So how are you feeling now? Regarding your failure to manage your time.

Graig: It's okay now.

Haier: Okay, one more thing to confirm. Do you think you can continuously release it on your own?

Graig: I appreciate your 帮help. It will make things easier .

Haier: Okay, that's how it felt at first.

Graig: I think so.

Haier: You can continue to release it yourself because you're doing a great job.

Graig: Thank you.

Topic : Managing My Time More Successfully

How do I feel about success right now ?	* release Already Right?	+Feeling good Right?	How do I feel about failure right now ?	* Released Right?	+Feeling good Right?
Helpless -> Utterly despondent			anger		

Have I fully released myself ? How do I feel about it now ?

○ 3 Haier: So, are there any other people who want to release something aimed at becoming more successful?

Dave: Yes. I've always considered myself a very adaptable and resilient person, until one day I lost a lot of money, so now I'm very worried about financial success and maintaining that success. I think I'm afraid this will happen again. I think it's become an obstacle.

Haier: Yes, okay. So, what theme did you choose this time? **Financial success** ?

Dave: Yes.

Haier: Okay. So, how do you feel about being more financially successful? Dave: I like the idea. Okay. I like this opportunity. But at the same time, I think I have this concern. Haier: The concern is holding you back.

Dave: Yes.

Haier: So it's just about making yourself aware of this worry. Let yourself feel it. Where would you place it on your emotion chart? Is it utter despair? Or sorrow, or fear, greed, anger? What is it?

Dave: It means fear.

Haier: Fear? Okay, so just let yourself feel that fear.

Dave: Okay.

Haier: Can you make it go?
Dave: Okay.

Haier: Are you willing?
Dave: Yes. I want it to go.

Haier: When? Is it now? I didn't hear you.
Dave: Now.

Haier: Okay, very good. How do you feel about your financial success now?
Dave: Okay, there's still something. There's still some greed. I wanted it, but having succeeded again, I think some fear remains.

Haier: Okay, so what do you feel more? Greed or fear?
Dave: It's probably more about **greed**.

Haier: Okay. So let yourself experience this desire.
Dave: Yes, I like it. (laughs)

Haier: Okay, it feels much better than fear. So just let yourself feel what it's like to let go of some of them, just feel the rest of the craving.
Dave: Okay.

Haier: Okay, can you allow yourself to let it go? Can you?
Dave: I don't want to let go. (Laughter)

Haier: Anyway, I'll keep asking questions. Are you willing?
Dave: This is hard to put in. Okay.

Haier: By the way, I just wanted to talk about greed, which might make letting go easier. But many people are confused about greed because we think greed is about having, but the truth is quite the opposite. Greed is wanting, and wanting and having don't coexist. When you want

something, do you want to be Dave ?

Dave: No, that's me.

Haier: Yes! So you don't want to be yourself, however, when we crave something, we actually take it away; craving is a feeling of lack. That's why we also release craving.

Some people have very positive experiences with greed. You might ask, why would anyone want it to leave? It feels good! It's precisely because when we greedily desire something, we are actually keeping that thing out .

Let me give you an example. I have a friend who's been a trader for a long time. He's always very nervous, thinking, "Oh, I can feel it, I'm so close!" But he's always so close. He never succeeds because he never lets go of his greed; he's always in a state of greed. You've probably seen people like that, usually salespeople. I say, "Oh, I can feel this is a big deal," but they never succeed. Why can't they succeed? Because they maintain their greed. It keeps them moving forward, but they don't reach their goal. So, would you rather have a goal but no greed?

Dave: Of course.

Haier: Yes, that's why we want to let go of the feeling of wanting, rather than the feeling of possessing. **Possession is wonderful. Wanting is blocking the way.**

Dave: Okay.

Haier: Okay? Great. So let's look at it again and see if you can feel even more greed.

Dave: A little bit.

Haier: Okay, just allow yourself to feel it. Can you let it go?

Dave: Okay.

Haier: Are you willing?

Dave: Willing.

Haier: When?

Dave: Okay, yes. (Laughs)

Haier: Great. Okay. I guess you feel good about it.

Dave: Yes, that's good.

Haier: Then tick the box. Very good. **So, how do you feel about not achieving financial success?**

Dave: fear.

Haier: Okay, just let you experience that fear yourself. Remember, it's just a feeling. Can you feel it?

Dave: Hmm.

Haier: Can you allow yourself to let it go?

Dave: Yes.

Male counselor; would you be willing?

Dave: Yes, I do.

Haier: Are you willing?

Dave: Willing.

Haier: When?

Dave: Now.

Haier: Okay, very good. Okay, now feel the remaining fear, feel any remaining fear .

Dave: Okay.

Haier: Would you allow it to be released?

Dave: Yes.

Haier: Are you willing?

Dave: Willing.

Haier: When?

Dave: Now.

Haier: Now. Okay. How are you feeling now, Dave ?

Dave: Much better.

Haier: Much better?

Dave: It's easier now.

Haier: Easier now? Okay, let's check. See if you have any other feelings about failure.

Dave: I think there are still some there.

Haier: Okay.

Dave: I think those experiences brought back some old feelings.

Haier: Okay. Just let yourself feel it. What are those feelings over there? Is it still fear? Or some other feeling?

Dave: It should be fear.

Haier: Allow yourself to feel the remaining fear, and remember, it's just a feeling.

Dave: Okay (laughs)

Haier: It was released before any questions were asked.

Dave: We'll make you lose your job.

Haier: Okay, no problem. Okay, have you already let some feelings go?

Dave: Yes.

Haier: Okay. Will you let more sensations go?

Dave: It should be possible.

Haier: When?

Dave: Now.

Haier: Okay. How are you feeling now?

Dave: Much better.

Haier: Much better?

Dave: Yes.

Haier: Okay. Do you consider it a gain? Compared to when you started?

Dave: Of course.

Haier: Very good. I just guided you to begin releasing, and now I'll let you continue releasing on your own. You can do it now. Remember to write it down in your notebook.

Dave: Thank you.

Subject : Financial Success

How do I feel about success right now ?	* release Already Right?	+Feeling good Right?	How do I feel about failure right now ?	* Released Right?	+Feeling good Right?
Worry -> Fear Greed			fear		

I fully released myself?			How do I feel about it now?		

Haier: Oh, you're welcome. Okay, now I think we should let those of you watching the video at home, those of you I haven't had the chance to share with, join me. If you've already started on a particular topic, that's okay, just see how you feel about it right now, just allow yourself to be aware of how you feel right now, whatever it is. Remember to use an emotion chart to trace its underlying emotion: despair? Fear? Greed? Anger? Pride? Whatever it is, just let yourself feel it, and then take some time to write down your feelings .

Can you release that feeling?

Are you

willing?

When?

Focus on that feeling again, just let yourself feel what remains.

Can you make

it go? Are you

willing to?

when?

Now experience that feeling again, just allow yourself to experience it.

Can you allow yourself to let it go?

Are you willing to allow
it to leave? When?

Now, if you let this feeling go completely, have you given yourself "letting go"? Check the "go" box . But let's move on, and once again, focus on how you feel about succeeding in this area.

Just allow yourself to feel how you feel about it right now.

Can you let it be
released? Are you
willing?
when?

Then just allow yourself to feel the rest of the feeling, just let yourself feel the rest of the feeling.

Can you make

it go? Are you

willing to?

when?

Once again, simply allow yourself to feel whatever you feel in this moment, just allow yourself to feel how you are right now .

Can you allow yourself to let it go?

Are you willing to let

it go? When?

Now, if you let it leave completely, are you releasing it? Check the "go" box for yourself. If you're starting to feel satisfied with your success in this field, check the "feel good" box. Give yourself a confirmation in the "good" column . Now let's look at the other side. If you want to pause the recording for a while while we're releasing this side, please do so, and then we'll continue.

(Please pause the tape and make sure you write down what you've learned. Continue when you're ready .)

Now let's look at how you feel when you fail in certain areas. Just allow yourself to feel how you feel right now, and see if it's despair, sorrow, fear, greed, anger, or pride.

Now, as you allow yourself to feel it, see if you can

decide to let it go. Are you willing to let it go?

when?

Now, I'm just letting myself feel that feeling again, whatever that feeling may be, as long as I allow myself to experience it.

Can you let it be

released? Are you

willing?

when?

Just allow yourself to feel what you are feeling right now, whatever it may be.

Can you allow yourself to let it go?

Are you

willing?

When?

Now if you've let that feeling go, and given yourself a "letting go" (or "freeing") Check the box next to "go" .

Next, consider how you feel about failing in a specific area; simply allow yourself to feel how you feel about it right now. Find out where that feeling originates from.

Can you let it out?

Are you willing?

when?

Now feel what remains. Just let yourself feel what's left right now.

Can you make

it go? Are you

willing to?

when?

Look into your own heart again, simply let yourself feel what you feel in this moment, whatever it may be.

Can you allow yourself to let it go?

Are you willing to let

it go? When?

Once again, if you have let it go completely, give yourself time to "let go". Check the box in the "go" column .

If you feel good right now, in the context of "feeling good" Check the "good" box for yourself. Now I strongly recommend that you continue with the release on this table. Pause the video and take the time you need to complete this topic.

(Pause the tape, make sure you write down what you've learned, and continue when you're finished)

Before we move on to the next topic, does anyone have anything to say?

○ 8 Haier : Rodney .

Rodney: I have a question.

Haier: Yes.

Rodney: I've noticed I'm feeling fatigued. I'm a very high-energy person, but I feel tired when I'm continuously releasing energy. Is this normal, or have you never experienced this before?

Haier: Okay. **What's the feeling behind this question?**

Rodney: The feeling behind the question is that I want to know why I'm more tired than I expected. I was supposed to sit here and relax from the release, and I'm not sure if I did it right.

Haier: Okay. So you want to know these feelings?

Rodney: Oh, yes. I'd like to know the answer.

Haier: **The desire to know** —is it a state of utter despair, fear, greed, or anger?

Rodney: I guess when it comes to being exhausted, it might come from feeling utterly hopeless.

Haier: Okay. Possibly, but...

Rodney: Yeah, there might be greed involved too.

Haier: Okay. **Which one do you feel more strongly about now?**

Rodney: I feel greedy (wanting to know more)

Haier: Okay, so **let yourself experience that feeling of greed** .

Rodney: Yes, I feel it.

Haier: Okay. Can you make it leave? Can you?

Rodney: Yes, I can.

Haier: Are you willing?

Rodney: Yes.

Haier: When?

Rodney: Now.

Haier: Okay, let's see if there's anything else you'd like to know.

Rodney: It's fading.

Haier: But there are still some?

Rodney: A little.

Haier: Okay. Can you experience it yourself? Okay, can you make it go away?

Rodney: Yes.

Haier: Are you willing?

Rodney: Hmm.

Haier: When?

Rodney: Now.

Haier: Okay. How are you feeling now?

Rodney: I don't feel as tired anymore.

Haier: You're not so tired anymore. It'll work immediately.

Rodney: I feel better.

Haier: You feel better,

good.

Haier: Now look at what we've done here. Usually, when you ask a question, there's a feeling behind it. When you release that feeling, you start to get your own answer; you actually do that . But I'll point you out something that might not be so obvious. Sometimes when we deal with feelings, we reach a point where we release a lot of those feelings, we feel that's enough, and then we start suppressing them, which is exhausting. When you start suppressing feelings, so what we're doing is releasing greed twice, and then you start to wake up. It's a roundabout way of answering questions, but more importantly, if you want to release, even when you're sitting here, if you want to know something, you'll not only get your own answer, but you'll also feel better. Okay?

Rodney: Yes, I felt more energy.

Haier: Great. Okay, you can write it down in your earnings book.

Cheryl (sharing): The most significant gain I've received is that I used to be very unhappy, but now I never have to be unhappy again. This is the most wonderful thing I've gained, the most important achievement. I will never be depressed again, or feel bad, or anything like that. They're gone forever; only wonderful feelings remain.

Annika (graduated in 1976) : To those of you watching, you are probably feeling the same way I once did - just watching others share and listening to these messages, not knowing if they will work for you, but they do. So I know it will work for you, as long as you stay here. We all crave change and growth, and I only know that it is profoundly changing your life. It may be subtle, and you may not notice it, but the benefits I have received are enormous, and I hope you will receive even more than I have.

Haier: I just want you to know that you are all doing very well. I know some of you may still be worried: Can I master it? Am I doing it right? Everything you are experiencing right now is perfect. You will see that everyone uses this method in their own way; they have their own style of using it, and they will have their own way of using it. So however you use these methods now, just let yourself continue to unleash them and let them unfold.

To truly make this method your own, we have workbooks covering three particularly interesting areas. These workbooks, which I've mentioned several times already, are the most important part of these videos and the course . Because through the workbooks, through release, you truly make this method your own; it really helps you solve complete problems and address them on many different topics.

We created workbooks for three particularly interesting areas, three topics that most people are interested in. The first is your financial freedom. But how many people are truly free these days? We all aspire to financial freedom. It seems to be a popular topic across our country. The next topic is your appearance, health, and happiness. Most of us are

always concerned about our appearance. What's the first thing we do in the morning when we step into the bathroom? We stare in the mirror and think, "Oh my god!" No matter how good we are, nobody in our society feels good enough to look good, and of course, we always want to be healthy. Another issue that's very important to most of us is our relationships—not just our relationship with our spouse, or our significant other . We're always in relationships with everyone we meet, and this is often a source of tension and discomfort.

So what I want you to do is, throughout this entire video and throughout the entire course, I hope you can find these three workbooks. Now you can read these three workbooks in your spare time. In fact, the more focused you are on these three workbooks, the better. But what I want you to do is choose one workbook and make it your focus in the course, it can be any one of the three. What I want you to do is, I'll open the first one first, and in the first workbook...

For this part, I would choose the workbook on financial freedom, which I think is something most people can relate to right now. When you open it, I want each of you to take out that workbook. The way to maximize your use of this project is to focus on the first part of the workbook.

The first question in Part One is, how do I feel about how much money I have right now? I think everyone is starting to feel about how much money they have. Regardless of the amount, the point is that when you start releasing your feelings about money, like with other topics, you start to see some very dramatic results. There are two reasons for this. First, everyone in today's society is under tremendous financial pressure. No matter how well they're doing, there's always some inner nagging, worrying about what will happen tomorrow, what if the economy changes again? What if I lose my job, or my business isn't doing as well as it is now? So, making an effort to release your feelings about money will help you deal with all the financial stress.

Another reason you'll see a dramatic outcome is when you release your money. Even in the exact same industry, two people can perform very differently. Even if they have the same training and background, what's the difference? Does anyone know the difference? Yes, it's their attitude. Everyone has probably heard that a positive mindset makes a huge difference, and most of us have tried it. If something happens, they try to think more positively. If you've ever tried, you'll find it often doesn't work. Why? It's simple. When you try to think positively but don't release those uncomfortable feelings, it's like putting good apples on top of a bucket of rotten apples. What happens to the good apples? They rot.

This is the outcome of positive emotions, including positive programming and positive thoughts, when you can't shake off negative emotions. So here, let's assume there's a bucket of gold under all the apples. If you dig out the rotten apples, which are all those uncomfortable feelings, you'll find the gold within you. You'll also start to see it in your life. So I highly recommend that you practice in these specific areas of the workbook. Also, before you start the next videotape, or before you come back tomorrow morning, I want you to just do the first part of the practice, and then Nikki and I will let you know when to start the second part. So have a good night and make good use of this method before we move on to the next videotape.

Jim McMullen: This is Part Two. The first two parts were the hardest; from now on, it'll be much easier. Before you start looking at Part Three, spend some time using the release technique. You don't have to wait until you have a strong feeling before using it; allow yourself to release, even in small things. All you need to do is be aware of how you feel right now, and then let it go, allow it to release. You'll find that as you practice release on your own, you'll become increasingly able to release without asking questions. Make it a habit to acknowledge and write down what you've learned. The more willing you are to acknowledge your progress, the faster you'll act in your life, and the easier it will be for you to use the release technique.

You have rediscovered a dormant ability: we are all experts at suppressing and expressing emotions because we have spent our entire lives practicing them. We need to practice to refine this new, better way of releasing your feelings. The lessons in these materials are for your own use; please encourage others to order their own video lessons, or at least have them use their own workbooks while watching this video. These materials, if used out of context, will not be helpful to others. Continue your release. See you tomorrow.

(Before watching the third video, make sure you have completed the workbook for the specific area that interests you, and remember to write down what you have learned.)

Edited by:

Omi;

Compiled by:

Ning Jing;

Proofread

by: Ping He;

Head Office:

Li Maomao

Original Sedona Release Method 1992 Teaching Video 3

Greg (sharing) : I slept really well; it was the best night's sleep I'd had in six weeks. I've been treating insomnia, seeing allergists and sleep therapists, basically managing my sleep. I usually fall asleep around 3 or 4 a.m. and wake up around 7:30 a.m. They often tell insomnia sufferers to wake up at a fixed time every day, whether it's just an hour or nine hours of sleep. Last night, I fell asleep after midnight and woke up at 4 a.m., feeling great. I got up and read for a while, did some relaxation exercises, and fell asleep again around 5:30 a.m., waking up at 7:30 a.m., for a total of six hours of sleep. I haven't slept this long in six weeks, and it felt amazing.

Tim (graduated in 1978) : The Sedona Release Method actually gave me life. It may sound ridiculous, but it connected me to inner feelings that I had never really touched before. It gave me the ability to let go, and as a result, I feel full of energy. Before I came into contact with this method , I felt like a walking corpse. It's not a very flattering way to put it, but it's true.

Original Release Method, Phase 1, Chapter **3** Festival

Nikki ：Good morning everyone, welcome back, welcome back to all my students at home. Today's class recording is an exciting new experience, to start things off. I want to remind you all of something, simply put: release is easy, so simple that you don't need to do anything, the only thing you need to do is...
Stop suppressing your feelings. As you release more often, it will

become easier. Also, just remember to release , let go. It's a decision only you can make; I can't make that decision for you. How could I? You are your own master; everything depends on you. Remember this, especially when you release, and during our recording today. Next, we'll do some release together. Join our release group here, and those watching at home. Try to recall specific details that happened last night or this morning, details related to release. See how you feel. Okay, get ready in a comfortable position, focus your attention on your center of feeling, and let's do some release. You can...

Place an emotion chart in front of you. You can refer to any feeling as needed. For example, sometimes you may not be sure which category it belongs to , or you may not be sure what feeling it is. Anyway, let's get started.

Think back to something that happened last night or this morning, or something since you last watched the videotape—just find a specific event that evoked feelings in you. What were those feelings? Allow yourself to identify them on an emotion chart.

Allow yourself to feel that feeling in the present moment, whatever that feeling may be.

Can you let it go?

Are you willing to

let it go?

When will you let it go?

Now look inward again, feel that feeling once more, feel the remaining feeling.

Can you release it?

If you could, would

you be willing?

When would you let go if you were willing?

Okay, now think back. Since you last watched the video, maybe you met someone or spoke to someone that evoked some feelings in you. Think about who you might have met? Who you might have spoken to? What feelings did it evoke in you?

Allow yourself to recognize how you feel about that person at this moment, and simply let yourself feel that feeling.

Are you able to decide to

let go of this feeling? Are

you willing to let it go?

When will you let him leave?

Think back to this person again, and see if you can still feel any lingering emotions; perhaps even more feelings will arise.

As long as I let myself feel it again

Now, can you let him

go? Are you willing to

let it go?

When will you let it go?

Think back to something you were doing, perhaps last night or this morning, or after watching that videotape . Think about any actions you had to take that evoked certain feelings in you. Feel how you feel now; truly feel that feeling.

Whatever it is, can you let go of this feeling?

It's just a feeling. Are you willing

to let it go? When will you let it go?

Okay. Now let's examine how you feel about your release so far. Use a mood chart to help you identify your feelings and the emotions underlying them. Whatever the feeling, just allow yourself to experience it.

Can you let go of

this feeling? Are you

willing to let go of

it?

When will you let go?

Let's take another look and see if we still feel that sensation. Try to experience it again.

Can you let him go?

If so, are you

willing to?

When would you let go if you were willing?

Let's see how you feel about releasing through this videotape today. Is any feeling arising right now ? If so, allow yourself to feel that feeling , imagine what we're doing today , feel what you're feeling right now , just sit and observe the feeling, whatever that feeling may be.

Allow yourself to feel it

Can you let it go?

Are you willing to

let it go?

When will you let it go?

Is that feeling still there? Just allow yourself to feel it.

Can you let it go?

Are you willing to let it go?

When will you let it go?

Okay, that's good. You should feel more relaxed now. You can take some time to write down your release in your notes book.

(Pause the video, continue releasing and write down what you gained from the release, then continue)

Nikki : Everyone at home and here, please turn to the page marked "Gains" in your workbooks. I want to emphasize to all of you the importance of writing down your gains. This is a crucial part of using the release method and is also very important for your continued personal release. As I mentioned yesterday or before, self-affirmation is very important. Acknowledge what you did well, affirm the good things you are experiencing, rather than just associating them with the negative aspects. The gains you record can be big or small, that's okay, they are all equally important. You can only find them by looking inward. People sometimes ask, how do I know if it counts as a gain? The real key is to look inward and see if you feel good after releasing, but felt bad before. It's really simple. But if you can keep examining yourself like this, you will understand more thoroughly and know whether you have truly released and whether you have gained anything. As you can see, here is a list of gains that you might start to expect or may have already experienced. Let's pick a few and look at them together. You may notice a positive change in your attitude or behavior. If you find yourself behaving differently than usual, or dealing with problems in ways you've never done before, that's the reward of your liberation.

We know that everyone has habits, and we cling to these habits

simply because they've become so ingrained , and because we haven't tried anything different. When you release, you'll find that some routines may be broken. You'll start to notice things. Take Greg's sleep, for example; he started sleeping better and longer. This behavioral change is a gain. Perhaps you'll find that you wake up earlier than usual this morning, or you'll experience other changes. These are all reactions to release, a gain, even if you didn't specifically release your morning wake-up time. Therefore, recognizing gains is important. You'll find that such gains are everywhere . Once you begin to release, you'll benefit in every aspect of your life.

Another common benefit is more effective communication. While using this technique, you 'll notice that communicating with others becomes truly enjoyable, and your interpersonal relationships become smoother, whether with colleagues or other crucial relationships. This is because you're releasing pent-up feelings to communicate more effectively with others. Not only that, they'll be more likely to listen to you; you don't need to be overly demanding or dwell on others' feelings. At the same time, you'll become more empathetic. This understanding and empathy will help you release pent-up emotions; you'll no longer easily judge or feel resentful towards others. You can let go of these feelings, which greatly improves communication.

You'll find yourself more flexible. Perhaps you used to be stuck in a certain way of doing things, but now you 'll start to get inspired and try doing the same thing in different ways. Or, when someone rejects your suggestion, you'll usually stick to your own opinion, but now you'll turn around and let go, only to find that the other person's approach actually works and there's nothing wrong with it. You'll also notice that you... well, when we 're self-righteous , we're probably often like this, usually intolerant of any flexibility, and this creates pressure because we're stubborn and only want things to be presented in a certain way. But when you let go, everything suddenly loosens up , and you'll be able to adapt and do the right thing.

Over the years, many of our graduates have shared that completing a task successfully has become much easier for them . Even if you're a habitual procrastinator, we've repeatedly found that those who use this release technique complete tasks more easily, effectively, and quickly. I want to share a graduate's real-life experience that perfectly

illustrates this. He was writing a script, a script he'd been working on for ten years. Then he took a release course, and shortly after , he called and said, "You'll never guess—I did it! After ten years, I finally finished the script. I saw it—what was holding me back were those feelings, the inner turmoil and complex emotions I felt at the thought of others seeing my work ." He continued, "I released them all. In fact, some people even became interested in what I wrote."

You'll gradually find that everyday tasks and ongoing projects become easier to complete. You'll also discover a greater understanding and insight into yourself. These gains are important; be sure to write them down. They will help you release stress and allow you to reflect on them later, or simply look back on them casually.

When you revisit your achievements, you'll realize how much benefit release has brought you and how it will continue to work for you. Furthermore, you'll find yourself acting with greater control and flexibility. When under pressure but still needing to get things done, you'll find that release makes things much easier. When you feel immense pressure or must take action, this technique makes taking action much easier. The need to take appropriate action, to do something, especially when facing new things, often evokes a lot of inner feelings. With release, you'll find yourself able to cope more easily, and this relaxed state will make you more confident. And when you're more confident, you'll undoubtedly achieve more goals.

Graduates have repeatedly reported to us that after releasing these emotions, they can achieve even more. You'll also find yourself coping with change more effectively. We don't like change in life and always want things to stay the same to avoid triggering certain emotions or feelings. You'll find that new beginnings or changes become less challenging. For example, if you're moving or changing jobs, this might stir up some emotions, but you'll find that as you release these emotions, the transition becomes smoother and easier to manage, which will greatly benefit you . You'll also easily notice an increase in positive emotions and become more aware of them . After releasing negative emotions, you naturally become more positive. You'll become increasingly aware of and understand this, and relatedly, you'll find that negative emotions decrease, and your overall situation will turn around.

There are many things to gain, and you will have your own gains. You can add them to this list of gains , and you'll notice many

different things. This is a sample from which you can glimpse exciting changes. Organize your thoughts, and remember to write down your gains, even if it's just a small one. Because those subtle emotions we release (also bring about change), like going to take a shower and finding there's no soap in the bathroom—isn't that always frustrating? You have to walk out of the bathroom, grab the soap, and go back in… things have changed. If you can choose to release at that moment, you'll find you can make peace with the situation; you won't be affected by it. Often, negative events have a cumulative effect. You first leave the soap outside the bathroom, then lose your keys before going to work, then get stuck in traffic on the highway, and by the time you arrive at work, you're already feeling overwhelmed. Now, if you release on the spot when things happen, you'll be able to respond to them as they come and let them go. They won't accumulate or build up, so you can release more effectively. Release throughout the day, and you'll notice even more things; you can continue adding to this list yourself.

Okay, this morning's class will also introduce some new content, some new material that can really accelerate your release. Do you all remember in section 1...? In the videotape, Haier mentioned that even good feelings need to be released. There's a reason for this; clearly, we've spent our lives accustomed to grasping our own feelings, and now we need to go further...

This guide will show you how to release this wonderful feeling, and afterwards you will feel even better. People ask me, why let go of a good feeling? It's a feeling I enjoy. The answer is, releasing a good feeling only makes you feel better, so why not? You might think, "I already feel good, but can't I feel even better ?" For example, suppose your current feeling is on the emotional scale of courage and fearlessness, wouldn't it be better to feel complete acceptance or peace? We often tend to settle for second best, always thinking that when we feel good, it's best to hold onto that feeling tightly because it will be gone forever. We feel we must cling to this wonderful feeling. But that's not the case. In fact, doing so only reinforces your habit of clinging. You must truly be willing to let go of all feelings, allow the next good feeling to come in, and allow yourself to feel even better.

This morning's lesson will focus on practicing how to release positive feelings. So, everyone, whether you're at home or here, please turn to the page in your workbook labeled "Attachment and Aversion." This is a very powerful release chart. You can use it for any additional release. This chart is extremely effective; it can be used to release feelings about people, situations, and anything. For example, suppose you have negative feelings towards a colleague, your boss, your partner,

or you're considering moving and changing jobs, or whatever the situation, you can use this tool to release those feelings. Now, please take some time to think about a topic or area you're particularly focused on and use this chart to release those feelings. I want to show you how to use it.

What do I like?	How do I feel about it right now?	Has it been released?	How are you feeling?
What do I hate about it?	How do I feel about it right now?	Has it been released?	How are you feeling?

*Have I fully released myself ? +How do I feel about it now ?

(Pause the video, write your goal in your notebook, and continue when you are ready .)

This worksheet is a little different from other worksheets we've used. First, we'll list our preferences. For a specific topic you've chosen, what aspects of it do you like? See how you feel about it, and then release that feeling. Confirm in the release column until you feel good. Then we 'll move on to aversions. Find out what you don't like about this topic, and we'll go back and forth between releasing likes and dislikes. It's not just about listing what you crave and what you dislike; it's about releasing in a balanced way. It doesn't just focus on the positive or the negative; it really creates a wonderful flow in your release process . So, who wants to try it first?

○ 1 **Nikki :** Michael, what's your theme? **Michael :** Hmm...getting old.

Nikki : Okay, very good. What aspects of getting older do you like? **Michael :** I think getting older makes you smarter and wiser.

Nikki : Okay, jot that down in the "What I Like About It" section. Alright, so how do you feel now, Michael?
Michael : I am proud.

Nikki : Okay, then write down this feeling of pride, feel proud. Now, let yourself feel that pride. **Michael :** Okay.

Nikki : Can you put it down? **Michael :** I can.

Nikki : If you could, would you? **Michael :** Yes, I would.

Nikki : When will you let

go? **Michael :** It's gone.

Nikki : Okay. Let's go back and check if there's any lingering feeling. **Michael :** I'm even more willing now.

Nikki : Let's check out the "Pride" and "Relief" sections. How do you feel now, considering the benefits of getting older?

What?

Michael : Feels great

Nikki : Okay, that's great! Where would you place this feeling on your emotion chart? Does it feel good? **Michael :** Maybe it belongs to... courage or acceptance.

Nikki : Okay, write it down. Write it under "How do I feel right now?" Now let's release this good feeling. Michael, allow yourself to feel this courageous and fearless feeling.

Michael : That's fine.

Nikki : Okay, can you let it go? **Michael :** Yes, I can.

Nikki : If you could, would you? **Michael :** I would.

Nikki : When are you going to let it go? **Michael :** (laughs)...

Nikki : Anything else?

Michael : (laughs)...

Nikki : Now let's check again, is there any more courage and fearlessness? It seems like this question is a bit redundant.

Michael : There's a feeling that makes me want to laugh.

Nikki : Then let's release more - **Michael :** Yes...

Nikki : How are you

feeling right now?

Michael : I feel...
rather calm.

Nikki : Okay, where would you place this feeling of peace?

Michael : Hmm...it should be Ning Jing.

Nikki : Then check the box next to "Release courage and fearlessness." Now, are you willing to release this feeling of peace? **Michael :** Okay.

Nikki : Can you feel it?

Michael : Yes, I can feel it.

Nikki : Maybe when you release it, you can feel more. Let yourself feel it. Can you let it go? **Michael :** Yes, I can.

Nikki : Okay, are you willing? **Michael :** Yes, I am.

Nikki : When? **Michael :** Okay, it's gone.

Nikki : So you can check how you feel. Are you feeling good? **Michael :** Yes, I feel great.

Nikki : Now let's look at the less desirable side. What do you dislike about getting old? **Michael :** Hmm... the end of life.

Nikki : Okay, write that down, nearing the end. Okay, now what feeling does it evoke in you? When you think about life nearing its end?

Michael : Sad.

Nikki : Okay, Michael, try to feel that sadness. Can you feel it? **Michael :** I can feel it.

Nikki : Can you let him leave? **Michael :** Yes,

you can.

Nikki : Okay, are you willing?

Michael : I do.

Nikki : When will you let go? **Michael :** Okay, that's all.

Nikki : See if there's anything else, and take another look. When you think about how close life is to the end, can you still feel that sadness?

Michael : Right now, I feel more like angry.

Nikki : Okay, then write "anger" under "How I feel right now," Michael, and let yourself feel that anger.

Michael : Okay.

Nikki : Are you willing to let go? **Michael :** Yes, I am.

Nikki : When will you let go? **Michael :** When I leave.

Nikki : Okay, let's see if you can feel it again, feel the remaining anger, and release more of your anger.

Michael : It's gone.

Nikki : Okay, okay, you can check that off for yourself. Let's check again, how do you feel when you think about the end of your life?

Michael : I find this kind of funny now.

Nikki : Okay, where would you put it on the chart? **Michael :** In an absurd place, (laughs) maybe in a daring way.

Nikki : Okay, let's start releasing this. You can write down "brave and fearless" under " How do I feel right now?"

Michael : Okay

Nikki : Now, if you were to experience that feeling of courage and fearlessness yourself, could you let it go?

Michael : Yes, I can.

Nikki : Are you willing to let it go? **Michael :** Yes, I am.

Nikki : Okay, when?

Michael : Now.

Nikki : Okay, let's look again and see if there's anything left. **Michael :** Yes.

Nikki : Okay, let's release it. Anything else? **Michael :** It's gone (laughs)

Nikki : Okay, check off "brave and fearless" for yourself, and let's go back to the other side. What else do you like about getting older?

Michael : The other option is worse (or refers to dying young) .

Nikki : Write this down. Will anyone agree? How does it make you feel? How do you feel about it now? **Michael :** I'm grateful.

Nikki : Okay, what emotion would you categorize this feeling of gratitude as? **Michael :** Maybe...maybe between pride and acceptance, or a little bit of both.

Nikki : Okay, which feeling do you feel more strongly right now, Michael? **Michael :** Probably pride/honor.

Nikki : Write down this sense of pride/honor, and try to feel that pride

yourself. Can you feel it? **Michael :** I can.

Nikki : Can you let go of that pride? **Michael :** Yes, I can.

Nikki : If you could, would you be willing?

Michael : I do.

Nikki : When will you let go? **Michael :** Now.

Nikki : Is that sense of pride still there?
Michael : No, it's not there anymore.

Nikki : Okay, then check the "Release" box. How do you feel now when you think about how it's worse to not get older ?

Michael : I feel grateful, but it's more of an acceptance, an acceptance of the facts.

Nikki : Yes, write down "acceptance" under "How do I feel right now?" Allow yourself to feel that feeling of acceptance, let yourself feel it.

Michael : Yes, it feels great.

Nikki : Can you put it down? **Michael :** I have no choice.

Nikki : Letting go might be better.

Michael : Yes, you're right, it's better to let go.

Nikki : Great, can you let go of some more? **Michael :** Yes, I feel very calm.

Nikki : Okay, so you've calmed down again. **Michael :** Yes. (Illustration)

Nikki : Great, then check that off for yourself in the "Release and Accept" section. Let's look at another thing you don't like, Michael. Is there anything else you don't like? About getting old?

Michael : Declining physical function.

Nikki : Okay, I'll make a note of that. I think we can all unleash this theme together, right? Okay,

What are your thoughts on physical decline? How do you feel about it now?

Michael : It wasn't laughter, but a sense of panic.

Nikki : Okay, write it down. Where would you put panic on your emotion chart? **Michael :** Fear.

Nikki : Yes, just let yourself feel that fear. Remember, it's a feeling, can you allow yourself to feel it?

Michael : Yes, I can feel it.

Nikki : Can you put it down? **Michael :** Yes, I can.

Nikki : Okay, it's still possible, right? **Michael :** Yes, it's possible.

Nikki : Okay, if possible, would you like to? **Michael :** Yes, definitely.

Nikki : When? **Michael :** (Laughs)

Nikki : Let's get back to the topic and feel the rest, Michael, that feeling of panic, can you feel it?

Michael : It's more like sadness.

Nikki : Okay, now feel that sadness yourself. Can you let go of the sadness? **Michael :** Yes, I can.

Nikki : If you could, would

you? **Michael :** Yes, I would.

Nikki : When?

Michael : (Laughs)

Nikki : Hey Michael, see if you still feel that panic. **Michael :** Yes, a little.

Nikki : Can you put it down? **Michael :** Yes, I can.

Nikki : Are you willing to let it go? **Michael :** Yes, I am.

Nikki : When will you put it down? Let me check it again... or maybe later? Okay, let me check it again to see if there's any left.
Michael : There might be a tiny bit left.

Nikki : Okay, now you can feel the rest yourself. Can you feel it? **Mai :** Yes, I can feel it.

Nikki : Can you decide to let go of this feeling? Just let it go. **Michael :** Yes, I can.

Nikki : Okay, are you willing? **Michael :** Yes, I am.

Nikki : When? **Michael :**
(Laughs)

Nikki : Any other feelings? **Michael :** The sadness is gone.

Nikki : How do you feel right now?

Michael : It's kind of like... I feel like I want to grab it, I want more.

Nikki : Do you want more?

Michael : I want more lives, yes.

Nikki : Where would you put ″I want more″ on the table? **Michael :** It would definitely be in the desire section.

Nikki : Let yourself feel that ″desire,″ that ″wanting more.″ **Michael :** Letting go of the desire to live...that's so hard.

Nikki : I understand. Feel it, feel that desire, feel that wanting. Now, can you let go of that desire to feel good?

Michael : Yes, I can.

Nikki : Are you willing? **Michael :** I am.

Nikki : When?

Michael : Now.

Nikki : Michael, do you think there's any desire left? **Michael :** Right now it feels more like courage and fearlessness.

Nikki : Okay, now let's release it too, allow ourselves to feel that brave and fearless feeling, can you let it go?

Michael : I can.

Nikki : Are you willing? **Michael :** Yes.

Nikki : When? **Michael :**
(Laughs)

Nikki : Can you still feel him? It seems he's been released without a doubt, which is good.

Michael : Yes, it feels good.

Nikki : Okay, let me ask you, overall, how do you feel about getting older? **Michael :** I feel much better now, really much better.

Nikki : Do you consider this a gain? **Michael :** Yes, a huge gain.

Nikki : Then write it in your earnings book, in huge letters. **Michael :** Thank you! Okay.

Nikki : Now let's do some release together with our audience at home, releasing our greed and aversion. At the same time, the students here can also release.

Prepare yourself in a relaxed and comfortable position, and focus on your specific topic. What aspects of it do you like ? What person or situation do you like about this topic? Whatever the topic, find the aspects you enjoy, and how do you feel about it right now?

Can you let go of
this feeling? Are you
willing?
When will you let go?

Feel that feeling again, and allow yourself to experience the rest.

Can you put it
down? Are you
willing?
when?

Now find the aspects of this topic that you dislike, whatever they may be, and write them down. How do you feel right now? You can use a chart to help you identify this feeling. Once you recognize it , can you let it go? Are you willing to? When will you let it go?

Looking back, see if anything remains of that feeling. There might be more; just allow yourself to experience it.

Can you put it
down? Are you
willing?
When will you let go?

Check it again, feel it again, no matter what's happening now.

Can you put it
down? Are you
willing?
When will you let go?

Now let's focus on other aspects you like about him; that can feel good, but whatever it is , just let yourself feel it.

Can you let it go
now? Are you willing
to let it go?
when?

Feel that feeling again, the rest of the time.

Can you put it
down? Are you
willing?
when?

Now look at that feeling of liking someone. How do you feel now? Whatever the feeling, just allow yourself to experience it.

Can you let it
go? Are you
willing?
When will you let it go?

Examine your inner self again. Do you still feel that way? Allow yourself to experience the remaining part.

Can you let it be
released? Are you

willing?
when?

Okay, now let's look at the other side. This time, find some aspects of this topic that you don't like, and write down what you dislike.

How are you feeling right now? Whatever it is, just allow yourself to feel it.

Can you put it
down? Are you
willing?
when?

Try to feel it again and see if you can still feel that sensation.

If so, could you let it go?
Are you willing to let it
go?
when?

When you think about that particular feeling of disgust, do you have any other feelings right now? Whatever you feel, just allow yourself to experience it.

Can you put it
down? Are you
willing to let it
go?
When will you let it go?

Let's check it again, and feel that lingering sensation once more.

Can you let it
go? Are you
willing to let
it go?
When will you let go?

Now, please continue releasing using this form. List one thing you like or dislike, and see how it feels. Continue until you feel good about the whole thing, no matter how long it takes. This may take a whole page, or it may only take a few rounds, but keep going until you feel good. Then pause the recording, write down what you gained, and

make sure you approve of your releasing behavior.

(Pause, continue releasing information and writing down what you've learned before continuing)

Janet (graduated in 1978): A small piece of advice, well, I think watching it on video might be a little different, perhaps different from participating in person. However, I don't think where you release is important, or how you learn about the release method is also unimportant. But I believe the release method works on a ″ **very subtle" level** , so persevere. I just want to encourage you, encourage you to persevere to the end, because its subtlety is very profound. Over the years, those profound releases have occurred deeply within you.

The inner exploration experience is truly valuable. Release is a matter of taking it one day at a time, one step at a time, one moment at a time, but everyone can do it, everyone can find what they want . Keep releasing, and you will find it.

Nikki : We're taking a break now. If you need extra time, I suggest you continue releasing your tension, and come back when you're done. Remember to give yourself some time as well.

(Pause the video, write down what you've learned, and continue when you're ready)

Jack (graduated in 1991): I found that... when I started to feel a little tired, I could "whoosh " it off , and my focus became incredibly sharp . Looking back on the workshops on Sunday and Monday , I felt great. I took notes, and when I reviewed them later, I realized I'd missed something — something that happened during the workshops . I found that I could quickly relieve stress-related headaches . Because I did ...

Released, all my pain vanished instantly.

Kathy (graduated in 1991) : This method is really great, and so many positive things have happened. Where do I even begin? ...My relationship with my husband has completely changed. We're able to communicate so much better, exchanging more in two hours than we did in the previous 14 years. He saw the change in me, and my family saw it

too . I went to the same workshop as Jack, Jane, and Maria. I had just walked into the workshop on Friday when several people came up to me and said, "What are you doing?" I said, "What's wrong?" "You look amazing! How did you do that?" "Well, I don't know!" "You're radiating a glow!" You know, I think that's very striking.

Haier: Welcome back. I hope you've had many good opportunities to release stress. Use this method during your breaks, whether it's for a few minutes or longer. I also want to say a little more about "gains." I know we've talked a lot about gains in this course, but I just want to emphasize this point: wherever you go, carry this gains notebook with you and record your gains, no matter how small. We're all very good at identifying what doesn't work in life; we're practically experts. In fact, I could give anyone, whether in the room or at home, a task to list all the things that don't go their way in life, and all the mistakes they've made, and they would absolutely do a great job, no problem at all. But if I were to...

Please make a list of all the good things in your life. You'll start scratching your head, maybe coming up with one or two, and then you'll get stuck—this is just a habit. One thing we're going to do through release is break this habit of always being negative. By being willing to face your feelings and let them go, you'll naturally become more and more positive. Your inherent state is positive, and this book will remind you that this positivity is beginning to shine through you. The harvest book is what you keep; it will not only help you release but also benefit you in your daily life.

Think about it: how many times have you participated in a project and given up because you weren't aware of your progress ? Because you didn't acknowledge it in time. Yes, we've taken a few steps, maybe we haven't reached the goal yet, but you've taken a few steps towards it. Forgetting this makes us perform even worse next time we encounter obstacles. This is where this method comes in. You might forget again next time, and when that feeling of discouragement returns, you might say, "Oh my god, I haven't improved at all! What's the point of doing this?" Then, if you take out your progress log and flip through it, you'll say: Wait, just ten minutes ago, I had this! By the way, it's best to write the date on each page, putting all the progress of the same day on one page. The reason is that you might think solving a problem will take a long time, and then three days later, you write it down in your progress log. You've been working on it for thirty years without success, and after three days of release, the problem starts to solve, and the clouds clear. So be sure to write the date on each page, the date you recorded your progress. I can't… We might mention progress many more times because it's a very important part of this course :

positive affirmation.

Now we will be releasing according to another release chart, which is the core of this course and many courses revolve around . Again, the extent to which you are willing to commit yourself to these release charts will determine how much you achieve. You may simply gain some benefit from a method , or you may use it to truly soar to new heights.

So open your workbook, turn to the page "Things I Have to Do," which says "Things I Have to Do." Most of us have a long list of things we have to do, but the problem is, we don't want to do these things. When you feel like you have to do anything, what's your first reaction? No, I won't do it! Forget it! I don't want to! We always tell ourselves...

"You have to do this," "You have to do that," "You have to do this..." It's like this all day long. You have to take care of the children, you have to pay your bills, you have to, you have to, you have to... Even if you don't say it yourself, others will nag you endlessly—our spouses, our friends, society... So we live in... In the ocean of "having to do it".

The good news is that the more you release that feeling, the less you'll feel obligated to do certain things. However, this doesn't mean you shouldn't actively choose to do things. In fact, those things you feel obligated to do are often easier to do. You often say, "I have to do this!" or "I have to lose weight!" Ten years later, you say, "I still have to lose weight!" Your weight hasn't decreased under that pressure. We're going to use this chart to list the things you feel obligated to do, and start releasing that feeling—that feeling that pushes us to do something . Once we let go of that feeling of obligation, we can freely choose to do it or not . You might find that some things we think we have to do aren't actually necessary, and perhaps you can delegate them to others. For example, if you're a boss, you feel you have to do this and that, and suddenly you might realize: "Huh? Then why did I hire these employees?" We forgot that it's because we feel obligated to do something . So, list some things you feel you have to do, everyone here and at home.

I feel I have to do the following:	How do I feel about it right now?	* Released Right?	+Feeling good Right?

*Have I fully released myself ? +How do I feel about it now ?

(Pause the video, write down what you have to do in your notebook, and get ready to continue .)

Before we begin, I'd like to briefly explain how to use these forms. You've already made a list of things you "have to do." The arrangement is this: I'll release the list together with the participants in person ; those of you at home can release it yourselves. The rest of you, don't wait for me. Remember, this is a "do-it-yourself" tool; if we teach you all this, we'll be out of a job. Anyway, what you need to do is look at your list , one item at a time, and see how you feel about it. Keep releasing until you feel good . Remember to release the other items as well. So, who wants to release "things they have to do"? Okay, Greg .

○ 2 Greg: At work, I feel like I always have to return calls , no matter who calls or what kind of call it is . This bothers me because it creates a kind of pressure. It might be a salesperson calling, and I really...

I don't want to talk to them, but if they leave a message on my office phone, I think, "I have to call that back." I want to change that.

Haier: Okay! How do you feel now?

Greg: I guess it was some anxiety, I felt I had to do it.

Haier: Okay, pay attention... Is this anxiety a form of indifference, sadness, or fear? What does it feel like?
Greg: I think it's a kind of fear.

Haier: Okay, write "fear" in the list, and try to feel that fear. Can you let it go ?

Greg: Yes, I can.

Haier: Are you willing?

Greg: Yes, I'm willing.

Haier: When?

Greg: Now

Haier: Okay, let's feel the fear again and see if there's any left?

Greg: There's still a small portion left.

Haier: Hmm, a little bit. As long as you allow yourself to feel it, can you let it go?

Greg: Yes, I can.

Haier: Are you willing?

Greg: Yes, I'm willing.

Haier: When?

Greg: Now

Haier: Okay, how are you feeling now? Are you alright?

Greg: Yes

Haier: Okay, what exactly is this good feeling? Is it a feeling of courage and fearlessness or a feeling of acceptance?

Greg: It's more like a feeling of courage and calm, which is what I chose.

Haier: Okay, write it down: "Courageous and fearless." By the way, remember to check the box for "Release Fear." Alright, now, try to feel courage and fearlessness. Can you feel it?

Greg: Yes

Haier: Can you allow it to be released?

Greg: Yes, I can.

Haier: Are you willing?

Greg: Yes, I'm willing.

Haier: When?

Greg: Now

Haier: Okay, let's experience it again and see if we still have that kind of courage and fearlessness.

Greg: I think they're all gone, maybe a small portion... basically all gone.

Haier: They've basically all left, right? Do you feel more accepting of it now?

Greg: Oh, yes.

Haier: Okay, do you also want to leave this feeling behind?

Greg: I don't want to... haha

Haier: I knew you were hesitant. It's true that he felt better after

letting go of that fearlessness. The important thing to remember is that the worst thing that can happen after letting go of a wonderful feeling is that you'll feel even better. Isn't that good? But the problem is we're all too… for most of us, feeling good…

It feels especially good, which is an exception rather than a regular event, but as you continue to release it, the situation will turn around.

The more you release, the more you become like this: "Yeah, this feels great! Doesn't everyone feel this way?" So as you keep releasing, especially if you're willing to release this wonderful feeling, that wonderful feeling becomes commonplace. The next thing is, we'll call this the "bottom-up approach." Most of the time, we live like this, you know: swinging back and forth around the same point, with peaks and troughs. This is our peak experience because we've been free from negative emotions for a while, then we get thrown back into the same state, then there's another peak, then it falls back down, ups and downs. But when you release, it's not like that. Instead, it starts like this: it keeps rising. So, as you keep releasing, the peaks you've experienced in the past will become your troughs. If you're willing to continue releasing this wonderful feeling, this process really accelerates. I won't say more, you keep releasing. You might want to release a few more things you "have to." Remember, how good do you feel? You can ask yourself a simple question: Can it get any better? The answer is yes, so keep releasing. Okay.

Greg: Okay, thank you.

○ 3 Haier: Who else has "no choice" to release? Okay, Rodney.

Rodney: Be a good person.

Haier: Do you want to be a good person? Okay, so how do you feel about it now?

Rodney: I'm trapped.

Haier: Trapped? Okay.

Rodney: It belongs to the emotion of fear.

Haier: Okay, then let yourself experience fear.

Rodney: (Actual impressions, no subtitles)

Haier: Can you allow it to be released?

Rodney: Yes.

Haier: Are you willing?

Rodney: Yes.

Haier: When?

Rodney: Now.

Haier: Okay, now feel the fear again. You have to let yourself feel the remaining fear.

Rodney: It's still there, not as many as before, but there are still some.

Haier: Let yourself feel it, don't rush, let yourself feel it for a while, now can you let it go?

Rodney: Yes.

Haier: Are you willing?

Rodney: Yes.

Haier: When?

Rodney: Now.

Haier: Well, there might still be a little fear now.

Rodney: A little bit.

Haier: Now feel the rest of the fear. He's started again. Good. He

didn't even wait for me. Don't wait. There's no need to wait here.

Okay, how do you feel now? Rodney.

Rodney: It feels better.

Haier: What does that feel like? Watch it again. You feel like you have to be nice to others.

Rodney: A sense of peace, I don't need to do that.

Haier: You don't need to, that's great! You can still choose to be a good person. But you don't have to, that's wonderful!

Rodney: I'll probably still be a good person. (laughs)

Haier: But if you continue to be free, you'll have more options. Because often, we feel we have to be a good person. If someone yells at you, and you respond politely, they might not even hear you. If you have the freedom to choose, you can do what's appropriate. Sometimes, to avoid being ignored, you might need to speak up.

A loud volume is possible, but you can't do it if you feel you have to be friendly. This doesn't mean you actually need to be angry to raise your voice, but you can't if you have to act like a nice person. So see if there are any other feelings involved.

Rodney: A little bit.

Haier: Okay, let you experience it for yourself.

Rodney: Not as strong as before.

Haier: Yes, but there's still the pressure to be a good person, right?

Rodney: A little...

Haier: So please allow yourself to feel it. Now, can you allow it to be released?

Rodney: Yes, I can.

Haier: Are you willing?

Rodney: Yes.

Haier: When?

Rodney: Now.

Haier: How are you feeling now?

Rodney: It feels better, I don't have as much control anymore.

Haier: Now look at it, do you feel more positive now?

Rodney: Much more positive.

Haier: Okay, where would you put it on the chart?

Rodney: Acceptance or peace.

Haier: Now let's do something about releasing good feelings and letting ourselves experience this wonderful feeling.

Rodney: It has a very loving feel to it.

Haier: Okay, let you experience it for yourself. Can you allow it to release?

Rodney: Yes.

Haier: Are you willing?

Rodney: Yes.

Haier: When?

Rodney: Now.

Haier: How are you feeling now?

Rodney: There's a sense of infinity.

Haier: Expand?

Rodney: Yes, it feels like expansion.

Haier: That's great! Keep going, release that feeling too, it will get better, make sure you release everything on the list one by one.

Rodney: Okay, thank you.

○ 4 Haier: You're welcome. Who else wants to express "have to"? Graig .

Graig: When I'm with certain people, I feel it's really necessary to hold back my anger, otherwise they'll control me or manipulate me.

Haier: So when you think about this "must", how do you feel now?

Graig: I guess it's fear.

Haier: Is it fear?

Graig: Yes.

Haier: Now, if you were to experience this fear yourself, would you allow it to be released?

Graig: Yes.

Haier: Are you willing?

Graig: Yes.

Haier: When?

Graig: Now

Haier: Feel it one more time, feel the remaining fear. Okay, can you put it down now?

Graig: Yes

Haier: Are you willing?

Graig: Yes

Haier: When?

Graig: Now

Haier: Are there still some?

Graig: Yes, this is...

Haier: This might be a feeling of unease, a feeling that letting go here isn't an option. I mean, do you feel you have to hold on tightly to them, even when thinking about this issue, do you have to hold on tightly to your own feelings, a feeling of not letting go ?

Graig: Yes

Haier: What is it? Is it one of indifference, sadness, fear, or desire?

Graig: A little sad

Haier: Let it be released.

Graig: It seems like there's also guilt involved.

Haier: Allow sadness to come out on its own. Only by allowing yourself to feel it can you let it go.

Graig: Yes

Haier: Are you willing?

Graig: Yes

Haier: When?

Graig: Released

Haier: Isn't that much simpler?

Graig: Yes

Haier: Look at how you feel right now?

Graig: I have a feeling... a bit ashamed or...

Haier: Aren't you ashamed?

Graig: Yes

Haier: Is it indifference, sadness, fear, or desire? What is it?

Graig: It's a desire, a wanting to be liked or wanting to be...

Haier: Okay, let you experience that desire for yourself. Ah, here it comes. Is there more?

Graig: Yeah, when I figured out what it was, I just thought it was stupid.

Haier: Yes, discovery is only half the process. We spend a lot of time avoiding our emotions instead of simply facing our feelings in the present moment. This happens 80% of the time. Release is really easy. As you continue to use it, you'll see it happen more and more spontaneously. This doesn't mean everything always happens in a specific way; you may be aware of it, or you may not. But you'll notice that once you start paying attention to your feelings, once you realize it, with the willingness to let go, it releases more and more. In fact, you'll notice something this week: as you practice this technique, before watching the next tape, or as time goes on, you'll notice that even the questions we use become secondary. The purpose of the questions is to guide you into the release process; afterwards, they become less important. How do you feel right now?

Graig: I feel energetic and calm.

Haier: Okay, let's also do a release about good feelings, that feeling of peace, is it a feeling of tranquility or acceptance? Or is it a feeling of courage and fearlessness?

Graig: Just quiet and peaceful.

Haier: Okay, let me let you feel peace for yourself. Can you let it go?

Graig: Yes

Haier: Are you willing?

Graig: Yes

Haier: When?

Graig: Now

Haier: Okay, how are you feeling now?

Graig: I feel very relaxed.

○ 5 Haier: Great, I'll leave the rest to you to continue releasing [their resources]. Remember to continue releasing according to your list. Anyone else want to release "things you have to do"?

Chris: I

Haier: I'm Chris, okay.

Chris : I feel like I have to take on more responsibility. In the family responsibilities with my partner, I feel that others are more important and I have to do more, which gives me a sense of frustration.

Haier: Was that feeling of frustration, indifference, sadness, fear, desire, or anger?

Chris: It's anger.

Haier: If you let yourself feel anger, can you let it go?

Chris: Yes.

Haier: Are you willing to give it up?

Chris: Yes.

Haier: When?

Chris: Now

Haier: Okay, now feel the anger again, feel the remaining anger, can you let it go?

Chris: Yes.

Haier: Are you willing?

Chris: Yes.

Haier: When?

Chris: Now

Haier: How does it feel?

Chris: I feel better.

Haier: So where would you place it on the chart?

Chris: Maybe it's more about courage and fearlessness, this idea of sharing responsibility equally.

Haier: Okay, then let's release this good feeling too. Let yourself feel that brave and fearless feeling, can you feel it?

Chris: Yes.

Haier: Can you allow it to be released?

Chris: Yes.

Haier: Are you willing?

Chris: Yes.

Haier: When?

Chris: Next week, (laughs) I think I'll have to save that courage... to sell it.

Haier: That seems to be a kind of release. Even if it's a beautiful feeling, you don't need to cling to it. Fundamentally, perhaps we haven't said enough about this. The beautiful parts are innate—courage, acceptance, and peace. They're just there; you don't need to do anything

to put them in. What we actually do is cover them with emotions. Now let go of these emotions. When these emotional feelings leave, you are that perfectly calm, unmoved state. Nothing and no one can disturb you. But in that state…

In this state, you have the absolute ability to achieve anything you want. On the road to peace, never give up anything except pain, okay.
Chris: Okay.

Haier: Okay? Thank you! Alright, now you can continue. I'll be doing a release with our family audience, please continue—release list content, now it's the family audience's turn. Focus on one thing on the list that you have to do, and make yourself aware of how you feel right now, about this. "Having to do it"—tracing back to what emotion it belongs to: indifference, fear, desire, anger, pride… whatever it is, can you allow it to be released? Are you willing? When? Now feel the remainder of that feeling, feel the feeling right now, can you let it go? Are you willing? When ?

Now look inward again, let yourself feel what you're feeling right now. It might be more of the same feeling, or it might be a different feeling, but whichever it is, just allow yourself to feel it. Can you let it go? Are you willing to let go? When? Now look at what you have to do, and see how you feel right now. Just let yourself feel what you're feeling right now. Remember, even if it's a positive feeling, we need to release it. You can always feel better, just let yourself feel what you're feeling right now. Can you allow it to go? Are you willing to let it go? When? Re- feel your current feeling, allow yourself to feel it, can you let it go? Are you willing to let it go? When?

Now look inward again, feel what you're feeling right now. Can you let it go? Are you willing? When? Okay, now, if you've completely released this feeling, check the "release" box. If you feel good right

now, check the "feel good" box. I suggest you pause here, continue releasing, make sure you've released all the "have to" feelings, and then continue.

Male student (sharing): I've noticed my mind is clearer. I'm the kind of person who's forgetful; I'd often only climb six steps before saying, "Oops, I forgot..." and going back to look for it. But this week, I can remember what I forgot after climbing just one and a half steps! So I think, hey, I'm improving...

I've benefited in terms of mental clarity. I remember you saying that if you can release that draining feeling, you can focus more on other things, those that are truly important and need to be dealt with.

Laura (graduated in 1991) : When my husband and I moved here, we rented a house, and he…

Edited by:
Omi; Text compiled by:
Freelancer ;
Proofread by:
Pinghe
Chief Proofreader:
Nianhua
Yixiao Video Translation:
Fay

Original Sedona Release Method 1992 Teaching Video 4

Darwin (graduated in 1991): Before I went to the Santoro Institute to study the Liberation Law, my dad and I didn't talk at all. We didn't communicate at all. Now I feel like we talk more than ever before, and I feel closer to him than ever before.

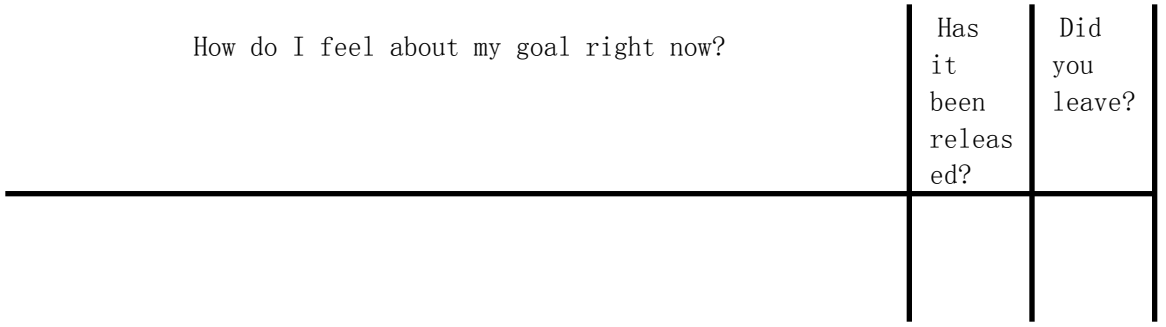
Laura (graduated in 1981) : Something happened in the first week, it was so subtle that I didn't realize it until the end of the second week. It was as if the world had suddenly changed for me. It was like I was just on the first floor, and I noticed that I had gone up to a higher floor. I had a clearer understanding of myself and others. I was very surprised. I remember becoming very quiet and starting to appreciate my surroundings more. Suddenly, I had more contact with the people around me.

Original Release Method, Phase 1, Section 4

Nikki : Welcome back, everyone, both those at home and those here. Let's begin our fourth lesson, which is actually a very powerful part of the course: "We're starting to release our goals." So far, we've focused on eliminating negativity, using the release method to do that. Now, we're going to show you how to get what you want in your life! So we're really going to release further. Unfortunately, most of us experience disappointment with our goals. Maybe we set goals but never followed through, we gave up, or the goals didn't turn out the way we expected. Maybe we achieved our goals, but ultimately, we were disappointed. So we usually have many feelings about goals. Therefore,

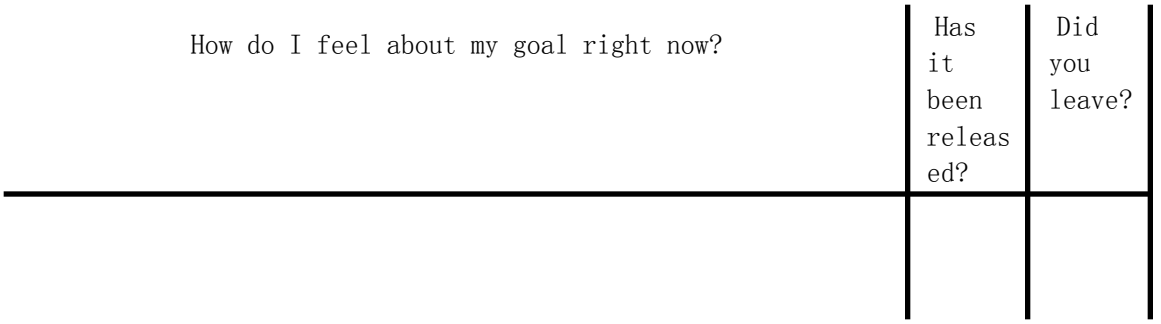
what we're going to do is for you…

Target :_____



*Have I fully released myself ? +How do I feel about it now ?

Target :_____


How do I feel about my goal right now?
Has it been released?
Did you leave?
*Have I fully released myself ?
+How do I feel about it now ?

Haier: You may have already released fearlessness, and then you want to further release acceptance and peace. Then you turn the form over and see the back of the form which says "actions to be taken," like a list of things you "need to do" to achieve your goal . How do you fill it out? — You list the actions you can take, and then release the feelings you have about those actions. This is a very powerful combination. All you can do is check back and forth . You release for a while on the previous page until you feel good about your goal, then you turn the page, write down the actions you can take, and then release them.

We often get a little confused about actions and goals. Sometimes we think we've achieved goal Z and need to take steps X and Y. When you release the action, you might start to discover that maybe you don't need to do that, or maybe there's a whole new way to achieve your goal. You'll never see these unless you write down the actions you think you can take and release your feelings about those actions. Also , as you know, releasing the action steps brings you closer to your goal because sometimes we don't even try to achieve our goals because of the actions we think we need to take to achieve them, even for very simple things like dieting. You know, sometimes you think you have to give up your favorite foods to lose weight, but maybe there's a way to lose weight

that doesn't require giving up food at all. You won't know this until you release both sides of the form. Everyone at home, remember to follow along; you'll soon have the opportunity to release. But when someone here is releasing, join in and release too. How would you describe your goal?

○ 1 Jack : I allow myself to release the anxiety caused by life's pressures.

Haier: Okay, can you see the problem with this goal? I'll tell you, but I think you can see what the problem is with this goal.
Jack : The pressure is very broad.

Haier: **Regarding goals, there's one point: don't include things you want to get rid of in your goals**. Remember that.

Right?

Jack : Yes.

Haier: How would you describe the negative emotions you are holding onto? If you had released the pressure, what would you be like ?

Jack : I will have normal blood pressure.

Haier: So that's the goal, and I allow myself to easily reach and maintain it.

Jack : Keep it below 70 .

Haier: Okay, or you can say normal blood pressure.

Jack : Normal blood pressure, good.

Haier: Which one do you prefer?

Jack : "Normal blood pressure" is fine.

Haier: Write it down. Do you need another form? Have you already written it on the form?

Jack : No, it wasn't written down.

Haier: Okay, read it to me.

Jack : I allow myself to enjoy normal blood pressure.

Haier: Okay.

Jack: Did I spell it correctly?

Haier: I will join the "Enjoy Owning" (hereinafter abbreviated as "Enjoy ") program.

Jack : Okay.

Haier: Let me hear it.

Jack : I allow myself to have normal blood pressure.

Haier: Very good.

Jack : That's very good.

Haier: Then read the goal aloud.

Jack : I allow myself to have normal blood pressure.

Haier: Okay, how do you feel about this goal right now?

Jack : That's a good target.

Haier: How do you feel about it now? When you think about having normal blood pressure.

Jack : Frustration.

Haier: Okay, write it down!

Jack : Okay.

Haier: Which column on the emotion scale corresponds to this feeling?

Is it utter despair, sorrow, fear, greed, or anger? What is it?

Jack : It should be greed.

Haier: Greed? Okay. Now, let's ask you to feel that feeling of greed

yourself. Can you feel it ?

Jack : Nods.

Haier: Can you make it leave?

Jack: Yes.

Haier: Would you be willing to let it leave?

Jack : Yes.

Haier: When?

Jack : Now.

Haier: Feel the remaining desires, just let yourself feel the remaining desires.

Jack : Okay.

Haier: Can you make it leave?

Jack: Yes.

Haier: Are you willing?

Jack : Yes.

Haier: When?

Jack : Now.

Haier: Feel whatever desires remain, just feel the remaining desires. Can you feel them ? The remaining feelings.

Jack: There's only a little left, but it's not...

Haier: Okay, it's just to let you experience it.

Jack : Okay.

Haier: Can you allow it to be released?

Jack : Yes, I can.

Haier: When?

Jack : Now.

Haier: Can you make it leave?

Jack : I let it go.

Haier: Great, you can check the box now. Are you feeling better now?

Jack : I feel great.

Haier: Very good. Put another checkmark next to it and read your goal again.

Jack : I allow myself to have normal blood pressure.

Haier: How do you feel about your goals right now?

Jack : I want to know what what I'm doing now means?

Haier: Want to know?

Jack: I want to know.

Haier: Okay, what is this? Is it more greed?

Jack : Yes.

Haier: Release it.

Jack : Yes.

Haier: Let's check and see if there are any more desires. If you want to know about the desires, can you sense any more desires?

Jack : No, I can't feel it.

Haier: Okay, read your goal again.

Jack : I allow myself to have normal blood pressure.

Haier: Okay, how do you feel about it now?

Jack : I think it will happen.

Haier: Okay, write this down.

Jack: (The student is writing diligently)

Haier: Okay, what is this? Is it utter despair, sorrow, fear, greed , anger, or pride , or even fearlessness?

Jack : I think it's fearlessness.

Haier: Fearless? Okay.

Jack : I feel like I can do it.

Haier: Okay, just allow yourself to feel the fearlessness, the fearlessness you feel right now.

Jack : Okay?

Haier: Can you make it leave? Is that possible?

Jack : Yes, I can.

Haier: Are you willing?

Jack : Are you willing?

Haier: When?

Jack : Now.

Haier: Do you still feel more fearless now?

Jack : It feels peaceful and tranquil now.

Haier: Have you unleashed a sense of fearlessness?

Jack: The student nodded.

Haier: Put a checkmark on your face. How are you feeling now?

Jack : Hmm.

Haier: Great, check both boxes. Now, let's read the objectives again.

Jack : I allow myself to have normal blood pressure.

Haier: Okay, how do you feel about the goal right now?

Jack: I think it's a good idea.

Haier: Do you think it's possible to achieve this?

Jack : Yes, absolutely.

Haier: Okay, compared to the beginning, would you say this is a gain?

Jack : Yes, it was completely impossible at first, and this is a great achievement.

Haier: Great, fantastic. Let's begin releasing the reverse side of the form.

Jack: Okay.

Haier: So what actions do you need to take to achieve this goal?

Jack : Increase your exercise.

Haier: Okay, write it down.

Jack: (The student is writing diligently)

Haier: How do you feel about it now?

Jack : I think I should just do it.

Haier: Okay, write down this "I should do it directly" statement. What is it? Despair, sorrow, fear, greed, or anger? What is it?

Jack : I think it's about acceptance.

Haier: Let's check again. Maybe there are other feelings involved. I'm pretty sure this isn't usually acceptance. There's still a little effort involved, isn't there?

Jack : When I wrote it, I wrote "Go do it".

Haier: Go ahead and do it?

Jack : Yes, I removed the rambling parts.

Haier: Just checking to see how you feel about it right now. Is it

acceptance? Or some other feeling?

Jack : It wasn't acceptance, it was a retreat. A retreat to "Can I do it?"
Back to my leg problem.
superior.

Haier: Okay, so what is it: despair, sorrow, fear, greed, or anger?

Jack : I feel a little scared.

Haier: Okay, write it down. Just allow yourself to feel that fear right now. Just allow yourself to feel it.

Jack : Okay.

Haier: Can you make it leave? Can you?

Jack : Yes, I can make it go.

Haier: Are you willing?

Jack : Yes.

Haier: When?

Jack : Now.

Haier: Go and feel the remaining fear, no matter how much is left.

Jack: Okay.

Haier: It's just about allowing yourself to feel it. Can you allow it to be released? Can you?

Jack : Yes, I can.

Haier: Are you willing?

Jack : Yes.

Haier: When?

Jack : Now.

Haier: Feel the remaining fear, is there still fear?

Jack : I think it's gone.

Haier: You released it.

Jack: I'm free.

Haier: Great! Give yourself two marks. How do you feel about exercising now?

Jack: It feels great.

Haier: That feels great, that's fantastic, what else can you do?

Jack : I can lose some weight.

Haier: Write it down! Okay, how do you feel about it now?

Jack : I'm eager to do it (students nod) .

Haier: Okay, is this the feeling of greed? What are fear and sorrow?

Jack : Back to greed, that's my tone.

Haier: Okay, write down "greed, just allow yourself to feel greed, can you feel it?"

Jack : There's not much left. Just a little bit.

Haier: Just allow yourself to feel it, can you allow it to be released?

Jack : Yes, I can.

Haier: Are you willing?

Jack : Yes.

Haier: When?

Jack : Now.

Haier: How are you feeling now? Have you let go of all your desires?

Jack : Yes.

Haier: Okay.

Jack : I feel light and calm?

Haier: Okay, give yourself two more checkmarks, you feel good now, right?

Jack : Yes.

Haier: What other actions can you take?

Jack: I don't know.

Haier: You didn't know? Okay, let's go back to where we started.

Jack: Okay.

Haier: All you have to do is release both sides until you achieve your goal or you have released it. How do you feel overall now? Regarding

having normal blood pressure.

Jack : It feels like it's already a reality.

Haier: Would you call this a gain?
Jack : Yes, it's a harvest.

Haier: That's great. I want to make a statement here. Remember, we don't treat or diagnose. What we do here is help 帮you release your feelings about it , release your stress . That's great .
Jack : Thank you!

Haier: Okay, now let's release our goals to everyone at home. If you haven't started yet, write down your goals at the top of your goal form. Read your goals silently to yourself. You can read them aloud if you want , but just allow yourself to read them. After reading your goals, see how you feel. Now, whatever your feelings are, write them down on your goal form.

Can you make it leave? Would you like it to leave? When?

Just allow yourself to feel the remaining feeling, let yourself feel the present moment.

Can you let it go? Are you willing to let it go? When?

Okay. Now, if you completely let go of that feeling, check the ″ Let go ?″ box, and then silently read your feelings again, just allowing yourself to read the goal and see how you feel about it now. Just allow yourself to feel your current feelings, and once you can identify them, write them down in your form. Can you let it go? Are you willing to let

it go? When?

Now feel what you are feeling right now, just feel what you are feeling in the present moment.

Can you allow it to leave? Are you willing to let it leave? When?

Once again, if you have completely released it, check the "Released?" box. Read your goal again. Great, just allow yourself to feel how you feel about the goal right now. Can you allow it to be released? Are you willing to release it? When?

Okay, now feel it again, feel any remaining feeling.

Can you allow yourself to
let it go? Are you
willing to let it go?
when?

Okay, now, if you've fully let go, check the "Let go?" box. You may still have more to feel about your goal before you're absolutely sure you've reached fearlessness, and you can pause the tape if needed.

(Please pause the tape and resume playback, making sure you write down what you've learned, and continue when you're ready .)

Pamela (graduated in 1984): For the first time in my life, I used a goal list to help me focus. I wrote down all my desires on a piece of paper, you know, material and career goals, and then I started releasing them one by one. And magically, I got what I wanted. I achieved my career goals, and I became able to focus very easily.

Ernie (graduated in 1976) : I've never been able to save money. One of my goals was simply to find time to open a bank account. However, I don't know how releasing feelings could make it happen because I actually earn a lot of money, but I spend it all as soon as I get it. I released my goal, and I probably forgot about it later because I was very busy. When I noticed about a year later, someone

asked me about it, and I suddenly remembered that I had a very good bank account. My savings had grown by 100%, and I felt great.

(Please pause the tape and take a break, remember to continue playing, make sure you write down what you've learned, and continue when you're ready.)

Janet (graduated in 1978): I achieved what I call "retirement." I set a goal to simply free myself from work, and as I continued to use the release method and goal charts, it really started to work. I have a notebook full of goal charts, and I've found it to be a great way to focus on what I truly want and to continuously break free from inner barriers such as "I can't have" or... Thoughts like "I shouldn't have it" are so powerful that I find these goals to allow me to rise to a better energy field and get rid of anything that is holding me back.

○ 2 Nikki: Okay, let's do more releases on the target. Who wants to be next to release the target? Greg : Me.

Nikki : Okay, Greg .

Greg : The goal is "What I write is that I allow myself and my family to enjoy harmonious relationships."

Nikki : Okay, how do you feel about the goal?

Greg : Now I feel like I need to do something to achieve my goal?

Nikki : Okay, I think you might want to add the word "easy" to it, you might want to add the word " release ," allowing myself to release easily, or something like that.

Greg : I allow myself to release myself very easily.

Nikki : Anything else?

Greg : And enjoy harmonious relationships with family?

Nikki : Oh,

right. Greg :

Okay.

Nikki : Okay, very good. Now read your goal aloud, Grigg.

Greg : I allow myself to easily let go and enjoy harmonious relationships with my family?

Nikki : What was your first impression of your goal?

Greg : I feel like I've stopped, but I don't know where to start.

Nikki : Okay, write this down , "I don't know where to start ", "I feel like I've stopped". In which column of the emotion chart would you put this feeling?

Greg : I think it's the feeling I want, it's probably greed.

Nikki : Okay.

Greg : This is something I want to achieve.

Nikki : Yes.

Greg : Instead of something that I feel I haven't accomplished and that makes me anxious and stressed, this is something I want.

Nikki : Write down the feeling of craving, and allow yourself to experience it, that feeling of wanting .

Greg: Okay

Nikki : Can you make it
leave? Greg : Sure.

Nikki : Would you be
willing to let it go? Greg
: Yes, I do.

Nikki : When? Greg
: Now.

Nikki : Okay.

Greg : I think I've made a little progress.

Nikki : Great, is there any greed
left? Greg : Greed always takes
hold of me, more or less.

Nikki: OK

Greg : There's still a little bit of greed.

Nikki : Okay.

Greg : It felt like a stone rolling forward, like it moved forward a little bit.

Nikki : Very good.

Greg : This feels good, it's a good feeling.

Nikki : Yes, that's good, but allow yourself to feel the remaining small pieces of feeling, can you let it go ?

Greg : Yes, I can.

Nikki : Okay, are you willing to let it go? Greg : Yes.

Nikki : When? Greg : Now.

Nikki : Okay.

Greg : Yes, I feel like I'm moving uphill, and I have a "I can do it" feeling.

Nikki : Then check the box for "Greed". Greg : I really felt more fearless.

Nikki : Very good.

Greg : It felt like the goal was about to happen.

Nikki : Very good, now it's your turn to experience the feeling of fearlessness. Greg : This feels good.

Nikki : I know it feels good. Okay, would you like to let more of that feeling go away?

Greg : Yes.

Nikki : When? Greg : Now.

Nikki : Is there any more feeling left? Greg, that feeling of fearlessness. Greg : Actually, I felt more accepted, and I felt that was about to happen.

Nikki : Okay.

Greg : I don't have to want it, it's the feeling of certainty that I can, the feeling of giving, that it will happen now .

Nikki : Great, tick the box for fearlessness. Let's release the feeling of "acceptance". Greg : It feels great to be

accepted.

Nikki : To make sure you've been released, you might want to read your goal again. Greg : Doing so may bring out more of the feelings that are being suppressed.

Nikki : Yes, it may still feel like acceptance, but what we do when we write down our goal statement is not so much about releasing fearlessness, but rather about pulling out the negative. We write positive goals, but it also helps us pull out the negative. You might find this to be the case, which is why we ask you to read the goal statement. You can use it to help release. Let's check it out. You may still feel acceptance, but it's best to read it again.

Greg : I allow myself to be easily liberated and enjoy harmonious relationships with my family.

Nikki : How are you feeling right now? Greg : I think it's a feeling of acceptance.

Nikki : Great, allow yourself to feel that way. Greg: Okay.

Nikki : Will you let go? Greg : Yes.

Nikki : Okay.
Greg : I feel like I've been freed.

Nikki : Great, can you feel more of what's left?
Greg : It's hard to describe, but it feels like that's exactly it, and it seems like it's taken a step further.

Nikki : Yes, it's probably more peaceful now. Greg : Yes.

Nikki : It feels like something exists.
Greg : Yes, it simply exists, not a word.

Nikki : Give yourself a checkmark. Now turn to the action section of your goal. What actions will you take to achieve your goal?

Greg : I think it has to start with myself. I think I need to be more loving, which is a pretty broad term. I'm not thinking about doing one thing or two things. I just generally feel that I need to be more loving. I think that will make the goal come true on its own.

Nikki : How do you feel about "being more loving" now?

Greg : At least in fearlessness.

Nikki : Allow yourself to feel this fearlessness. Greg : I can feel it.

Nikki : Okay, can you allow it to be released? Greg: Yes.

Nikki : Are you willing to release? Greg: Yes, I'm free.

Nikki : Great, how are you feeling now?

Greg : I returned to acceptance, and I felt good. That's how it felt; it was a peaceful feeling.

Nikki : Okay, check the boxes for "Have you released it?" and "Do you feel better?". Greg : Okay, thank you!

Nikki : Now you can continue to think about some specific things. Becoming more loving is a wonderful thing . There may be some specific things you can do to achieve your goals. This will support your goals. Simply releasing your inner rhythms in relation to your goals will support you in achieving them.

Greg : I don't think I would have written this goal when I first started taking classes. Since I started releasing, I can see that this is the real goal. When I release to the point of opening my heart, I can set goals, which is a great gain in itself.

Nikki : Indeed, I think you should write it in your notebook. Greg : I will do that.

Nikki : Okay, then I'll let you continue to release yourself, Greg. Greg : Okay.

Now we're going to release together with our viewers at home. Continue to release your goals, focus on your goals, and release any feelings that arise.

Okay, everyone at home, please find a comfortable position. You can continue with the goal you started earlier. If you have already completed the previous goal, you can start on the second goal. Whatever the goal is , just silently repeat it to yourself.

Regarding your goal, what is your first feeling that arises? Write that feeling down and allow yourself to experience it.

Can you put it
down? Are you
willing to let it
go?
When will you let it go?

Now try to feel that feeling again. Do you still have the same feeling now?

Can you allow it to
be released? Are
you willing to
release it?
When will you release it?

Okay, if you've completely released this feeling, check the "Released?" box, and then check "Feels good?". Now read the goal again. How do you feel about your goal now?

Write this feeling down, and once you recognize it, allow yourself to experience it.

Can you let it
go? Are you
willing to let
it go? When?

Examine your inner self, feel that sensation again, and see if any lingering feelings remain.

Can you let it go? Are you willing to let it go? When?

Check again to see if any remaining feelings are still there. If so, allow yourself to experience all that remains.

Can you let it
go? Are you
willing to let it
go? When?

Now let's look at the goal list again, and allow ourselves to feel whatever sensations we have right now.

Can you let go of
this feeling? Are you
willing to let go?
When will it be released?

Allow yourself to feel if there are other feelings there; just let yourself feel them. Remember , even with good feelings, you can let go of them and allow yourself to experience them.

Can you put it
down? Are you
willing to let it
go? When?

I'm pretty sure you're feeling good now. Let's... let's leave this time for you to release yourselves. Now turn to the table and see what actions are needed to achieve your goals. Since you 're already feeling good about your goals, continue to release your feelings about these actions. You'll find that releasing your goals is a very powerful way to move forward in life. As you enjoy more and more release, you'll find that these are the factors that are hindering you from achieving your goals when you process these emotions. When you let go, you'll find that your goals are easier to achieve. Continue your release, and we'll see

you again soon.

(Please pause the tape and resume playback, making sure you write down what you've learned, and continue when you're ready .)

Haier: I think you can start to see that releasing your goals can potentially begin to truly change every aspect of your life. Think about those things that have been causing you struggle; now you have the means to start taking action and begin achieving what you want. The methods you're learning now not only teach you how to eliminate the pressure you've been carrying...

Power, inclination, and all feelings, and now you can use it to start having anything you've always wanted .

These next few days should be very exciting, before you watch the next tape, or when you come back next weekend, because you can start putting it into practice. We've been practicing with these tapes, and we've been releasing together in the classroom, but you haven't had that much time to put it into practice. That's what you need to do this week, or no matter how long it's been since you watched the next tape: put it into practice , practice, practice, apply, apply, apply, release, release. The more you use this technique, the more benefits you'll see. Anyway, you don't have to wait until something hits you in the face to release.

Many of us believe that we must save the release technique for small things, like traffic or very minor annoyances that you usually avoid talking about (are buried) . If you use it on small things , you'll be able to easily let go when big things happen. So the key is to start creating a motivation for release . You'll also find that as you start practicing this technique, if you release consistently for a week, before you watch the next tape, you'll find you need to use those questions less and less. These questions were initially just to get you started on the release process, but as you start using them, you'll find release becomes more and more natural. The exercises we did in the first four lessons lay a solid foundation for the next lesson (the next tape) . The next four lessons will greatly expand on everything you've learned in the course . But before you watch the next tape, give yourself some time to apply it. Allow yourself to apply the release technique to all aspects of your life. So far, you've only seen a little

bit of what you've gained from the release technique . You're really... Learn a course that will accompany you for life, so the more you invest, the more benefits you will receive. I just want you to know that you are all doing very well, whether you realize it or not. I can see it in the room, and I know that those of you at home are doing much better than you imagine. Remember to constantly confirm your gains, look around, and you will discover even more gains . Release your joyful points, continue using the course materials, and I also want you to practice in your workbooks in your specific areas of interest, in the goals section of Part Three. So starting this week, set goals in your workbooks in your specific areas of interest and continue releasing. These exercises are extremely important . The exercises in the workbooks teach you how to master the release method. The more you practice with the workbooks...

The more results you see in all aspects of life, the more congratulations you'll be on the way . See you on the next tape!

Chris (sharing): The release method made me realize that I don't need those emotions to control my life or achieve the goals I want to achieve. By becoming more aware of them, I was able to release them, which ultimately allowed me to achieve my goals.

Michael (sharing): I want to say that when we started using the release method yesterday, I felt stupid and angry because it was so simple. You want to know why you didn't have the opportunity to do it before? The big takeaway today is that I realized this simple tool can be applied to any situation in life, and I'm looking forward to next weekend.

Jim McMullen : What you do in the first part of the course is to connect with how you feel right now and track down what you feel right now to what is potential: despair, grief, fear, greed, anger, pride, fearlessness, acceptance, and peace. Then release them all. All feelings are rooted in these few categories of emotions . When you eliminate them, hundreds of feelings under these categories are eliminated.

To get the most out of this project, practice the release techniques you've learned so far for a few days before the start of Part Two. During this time, try to release as much as possible. Release through movement, and keep doing it. Release is a natural process. Keep it simple. If you gain something, remember to write it down so you can recognize your progress. As you practice this technique, you'll find that you don't always need to ask yourself these questions (questions). However, if you

feel it's necessary to use them , then do so.

Before you begin the second part of the course tapes, you can watch any tape from the first part. What you learn in the second part is thousands of times more powerful than what you have learned so far, but you must also spend time practicing releasing your emotions before you can begin the second part.

During this time, you might think of people who are interested in the course, or meet people who notice the positive differences in you, but instead of explaining the release techniques to them, write down their names and addresses.

On the recommendation form in your workbook, we'd be happy to provide them with information. Notice how your happiness increases as you practice releasing . See you next time.

Edited by: Omi;
Compiled by: Freelance
Proofread by: Feng Qing
Chief Proofreader: Live in the Moment Video
Translation: Fay

Original Sedona Release Method 1992 Instructional Video 5

Introduction to the

fifth lesson of

Part Two of the

Release Method

Jim McMullen: This is the beginning of Part Two, where we will take a bigger step in terms of release . Up until now, we have been feeling what we are feeling now, tracing back to despair, grief, fear , greed, anger, pride, fearlessness, peace, acceptance, and then release.

I'm sure you've seen the tremendous benefits of releasing your current feelings. What we're going to do next will greatly enhance your ability to release. In this part of the course, you will learn the release technique. Once you complete the entire course, and I emphasize again, you will find that it is an even more powerful and effective method to free you from the limitations that control you.

Haier: Okay, welcome back! It's great to see you all here this morning, and welcome back to those of you who have been doing several days of release with the tapes . Whatever benefits you've discovered so far, they're about to be greatly accelerated. In the first four tapes and the first weekend of this course, we mainly showed you how to begin tapping into your natural ability to let go. What we're going to do in the next four tapes and the following two days is truly develop the release method, which is the very core of the release method (the nut

and the bolt) . Whatever benefits you've gained from it so far , and whatever power you've noticed in the release method, what we'll do in the next two days, and the next four tapes, will be thousands of times better.

So, if you've seen the benefits so far, just wait and see. Rather than explaining a lot about how we're doing things differently, what I'm going to do now is let the students here release, let you see and follow them in releasing. You'll start to feel the difference, maybe in this group, or maybe in another group we filmed before.

○ 1 Barbara (**former student**): I had colitis, I didn't know it, and besides that, I also had some very strong symptoms. I didn't give myself time to process them. The recent Judge Thomas case really bothered me.

I'm so angry, my stomach is upset because of it. That's the strongest feeling I've had so far. I was listening to this news this morning, and it's probably because of this.

Haier: Possibly. How do you feel about that man?

Barbara : I'm very angry about this.

Haier: **Allow yourself to feel that feeling.** Can you feel it?

Barbara : Yes.

Haier: Is this an attempt to gain recognition or to control? Did you let it leave before you even knew what it was ?

Barbara : God, I think this must be something that needs to be controlled. Because there's simply no way to control this.

Haier: I know, it's just about letting go. Let's see if there's any more feeling of wanting to control the situation.

Barbara : Hey, I can tell myself that I want to be in control, and I don't like these feelings coming together.

Haier: We're just going to take a look and see if there's anything else we want to control.

Barbara : I tried to wait for it to appear, but nothing came up, nothing at all.

Haier: I think you've been free. You're at ease; see how you feel now.

Barbara : I think I can accept it.

Haier: Yes.

Barbara : At least until I heard the news again.

Haier: Think back to the news you saw this morning and see how you feel about it.

Barbara : Yes, I've released it.

Haier: Okay, very good. Whenever you see something you want to control, just let it go. You actually pulled it back a little; otherwise, you

would have released more.

Barbara : See, I should have done this. I've never done this before. I've never asked myself these questions. Because this is the first time I've done it.

Haier: I think you've noticed. I did something very different from what I've done before. In the first part of this course, the first four tapes, the first two days, when you were practicing, you were releasing the feelings you encountered at that time. You traced them back to the underlying emotional category and then released that emotion, each...

Ultimately, every emotion boils down to two desires: the desire for approval and the desire for control. Starting this weekend, we'll focus solely on these two desires, and you'll find that when you concentrate on them and begin to release them, you'll notice a significant acceleration in the rate of release. By the way, something very important: wanting equals lacking. Control itself isn't wrong, nor is love or approval; the problem is that we always want it, and when we want it, we push it away. So what we need to do is let go of that desire for approval and the desire for control. When we do this, you'll see a significant acceleration in the progress you make through release. You've also noticed that when I ask questions, I only ask, "Can you let it go?" Because asking whether you're willing to let go of control and approval is unnecessary, you'll find that once you realize you want approval and control, even beyond the emotion itself, you'll have a tendency to let go. Just like when you first notice you want control, it simply disappears because it's natural, it's part of our nature. Once you identify the desire for approval and control, you let go. Anyone else have something they want to release?

Cheryl : I've discovered I love judging people. I find myself quickly categorizing people, which I don't like, and I want to get rid of it.

Haier: Okay. When you talk about it, see what feelings it evokes.

Cheryl : I feel terrible about my behavior. It feels like I'm trying to decide what everyone should do or be, judging people's feelings.

Haier : You would categorize it as we actually live in wanting rather

than having .

And because of these desires, you constantly negate yourself. So, if you're willing to start letting go of these desires, you'll find that you possess more and more of what you've been striving for, and this very effort is actually pushing it further away. Therefore, the important thing is to start focusing on these ever-present desires for recognition and control, and begin releasing them.

By the way, as we begin to release the desire for approval and control, you might notice you start to have many insights and realizations about how you live or act. Take some time to write them down , as you can use them to release these desires. The next time you encounter a long-standing situation, you'll find yourself really wanting to control it. But because you've written it down and started paying attention to it, you'll remember to...

It's liberating. You'll find that when you release the desire for approval and control, the fixed patterns you use when facing certain situations in life will begin to change.

Incidentally, when we crave approval and control, we often fail to discern when to act and when not to. Our desire for control frequently leads us to act at completely inappropriate times and halt when we should, precisely because this desire—to reiterate, this desire is equivalent to a lack—means that our words and actions create a lack of approval and control. A classic example is sales. When you're making a sale, you usually know it's time to be quiet. But what do you do? You start talking incessantly; you feel uncomfortable with silence; your desire for approval surfaces , or your desire for control—you want them to buy—and then you do the exact wrong thing to close the sale. So, the desire for approval and the desire for control are always holding us back, and once you've made the decision, they're always easily released.

○ 2 Jack (**former student**) : There's something I've been releasing—the desire for validation, the release of that validation. It's from people I'm close to; I'm releasing the urge to be validated by these specific people. This morning, someone... well, I'm really... sorry...

Haier: **Instead of trying to tell a complete story, let the feelings rise to the surface**, let the feelings emerge, Jay. There's definitely a desire for recognition emerging; can't you just let it go?
Jack : Yes.

Haier: Let more desires emerge, can you just allow them to be released?

Jack : Yes, you can.

Haier: Okay, let's do it again. Are you aware that you want to be recognized?

Jack : Very clear.

Haier: Okay, can you allow it to be released?

Jack : Yes, I can.

Haier: Okay, you've noticed more.

Jack : Yes.

Haier: It's just about releasing.

Jack : Yes, I released it.

Haier: Okay, let you realize what you want more. Have you freed yourself from that?

Jack: It releases very slowly.

Haier: Okay, do you want it to release faster?

Jack : Yes.

Haier: Is this an attempt to control?

Jack: Maybe.

Haier: Have they been released? They've left.

Jack : Yes. Thank you!

Haier: Okay, now you can finish what you were saying, which may evoke more feelings.

Jack : Okay. That was because I wanted to get the approval of my grandparents, who have both passed away, so the difficulty I was trying to resolve was that I wanted to seek approval from people, but the issue is actually deeper. These desires for approval come from people I cherish very much, and I only realized this this morning.

Haier: Okay, so there are more you want there? Can you just allow it to be released?

Jack : Yes, you can.

Haier: Okay, it's just about making you aware that you want to be recognized, and simply allowing it to be released.

Jack : Yes, I'm going to a good place.

Haier: Okay, how are you feeling now?

Jack: I feel much better.

Haier: Are you feeling much better?

Jack : Yes.

Haier: There's not much left. See if you can let what's left enter your consciousness, just allow it to be released . How about now?

Jack: It's leaving.

Haier: Very good.

Jack : Yes, it feels great, very, very good.

Haier: Very good. Would you call
this a valuable takeaway?
Student: Yes, I'll write it on
the first line.

Haier: What we're doing now is giving you an opportunity to release tension at home, in this new way , through this new method of release. Everyone here, just like we've done before, it's important to practice along. While I'm helping our home audience, you can sit here and release tension.

So now allow yourself. We can start with how you feel, because that's where we started last weekend. So, just let yourself be aware of how you feel right now—whether it's despair, sorrow, fear, anger, greed, or pride—whatever it is, just allow yourself to be aware of how you feel right now. But go a little deeper and see if you can realize whether it stems from a desire for approval or a desire for control. Can you let go of the desire for approval? Or the desire for control? Now focus on yourself again , and see if there's still more of that desire for approval and control there. Can you allow it to be released? Can you? Re-examine your inner self, focus on what you want right now, whatever it is— either a desire for approval or a desire for control. Remember, we're just letting go of this desire. Can you let it go?

Now let's spend more time releasing. If needed, recall a scenario you've already been releasing , perhaps one you still feel a bit about. Let's see if we've reached the underlying desires that are causing the scenario to become problematic. So when you think about this particular

situation, see which desire is being triggered. Sometimes it's a combination of both, but see which one you're more aware of. Is it a desire for approval or a desire for control? Can you let it go? Just allow yourself to become more aware of your current desires, the desire for approval or the desire for control. Can you let it go? Just make yourself more aware of the desire for approval and the desire for control. Remember, if you become aware, when you become aware of it , it's released. I haven't even asked the question, or you haven't even asked yourself. That's okay, it's a normal part of the process, it's natural. So just make yourself aware of your desires, the desire for approval or the desire for control. Can you let it go?

Okay, I think you've also seen how powerful this new release method is. After just a few releases, you'll find yourself much calmer. But whatever you experienced when you first used the release method, remember this is just the beginning. This is something new, and it may take some time for you to adjust to this deeper, more powerful release method. Relax, and make sure you take the time to write down what you've gained in real life. As you focus on this , you'll start to see a lot of desire for validation and a desire for control. As you continue to release, you'll start to see that anything is possible.

(Please pause the tape and resume playback, making sure you write down what you've learned, and continue when you're ready .)

Student Chip (graduated in 1991) : The Santoro method is extremely beneficial for doing business. I'm no longer …no longer afraid. I think I'm no longer afraid to approach potential clients from projects or jobs. I no longer feel like I'm dying over potential problems in business. I can communicate with people more calmly. To reiterate... Other people's decisions no longer make me feel like I'm dying. I accept things, good or bad. You know, things will happen, and they always will. I've noticed these things happening more frequently lately, which gives me confidence —confidence in myself, confidence in my abilities. The release method is effective.

Haier: We're about to take a break. I hope you'll use this time to start looking for your desire for recognition and control, so you can begin to release them.

(Please pause the tape and take a break. Remember to keep releasing the tape and write down what you've learned. Continue when you're ready

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Cheryl (sharing): Last week I released something—my feelings would suddenly change my mood and attitude towards others , and also towards myself. I noticed this still happens sometimes this week. When I realized this, no matter what happened, I immediately released it, which was a huge step forward for me . Because I had been stuck there before, I felt really good about it, really great.

Nikki : Now we're going to practice with the workbook. You'll need a second workbook, so if you haven't taken it out yet, remember to do so. Turn to the "Remember" page at the top; this exercise sheet will help you begin to engage with the desire for recognition and the desire for control. What we're going to do is, when you want...

A situation where you want validation or control—we all have many such situations in our lives, things that happened last week or years ago might come to mind. So now we're going to take some time for you to write down these specific situations .

I recall a specific instance when I wanted to be recognized :	What do I want from it right now?	* Released Right?	+Feeling good Right?
I recall a specific instance when I wanted to take control:	What do I want from it right now?	* release Already Right?	+Feeling good Right?

*Have I fully released myself ? +How do I feel about it now ?

(Please pause the tape and write down the scenarios in which you want to be recognized and control. Continue when you are finished .)

Nikki : Since you've already written about how, in some situations, you want approval or control, let me explain how to use this salary sheet. What you need to do is focus on that specific situation, say , at a party. When you think back to that moment, see what triggered it, which desire was aroused—whether it was the desire for approval or the desire for control. For example, this example says, regarding the party, I want them to like me. Okay, that stems from the desire for approval. So what you need to do is focus on the desire for approval or the desire

for control, and let it be released. When you've released it, check the "Released?" box until you've let go of all the desire for approval and all the desire for control, until you feel good about the situation. Let's release this together. Those of you at home, remember to release along with the students here when I release along with them. Release along with other classroom segments as well.

○ 3 Dana (**former student**) : In the "wanting recognition" section, I wrote that I got a new job and I had to tell everyone and see their reactions. I guess that's what "wanting recognition" means. I feel better about it now.

Haier: You've already released them?

Dana : Yes.

Haier: Then you need to give me another example of someone who wants to gain recognition.

Dana : I didn't find a lot of desire for approval, I found a lot of desire for control.

Haier: So you can't think of any examples you want to be recognized for right now?

Dana : Want approval? There's nothing I want to approve of.

Haier: Okay.

Dana : And in terms of wanting to be in control. Just a few days ago, when I had to sign a new lease, I went in very determined that I wanted to have the upper hand in this deal, so I wanted to control the situation and have the outcome in my favor, but I didn't know if it was positive or negative, I wanted to be in control, and I did.

Haier: Yes, sometimes we do positive things by trying to control things. Anyway , look at it this way: can you feel that you want to control things?

Dana : Hmm.

Haier: Okay. Can you allow it to be released?

Dana : Hmm. I found that, at least in that particular situation, I felt good, but I also felt a little aggressive, so it wasn't really negative, but...

Haier: Okay, can you feel that aggressive attitude now?

Dana : Yes.

Haier: Is that an attempt to control?

Dana : Yes, absolutely.

Haier: You've already released them?

Dana : Mmm. It feels great. Yes, this is my true driving force, that desire for control. But it feels good to be in control.

Haier: That's right. When you release yourself, does anyone notice that when you release the feeling of wanting to control , you are more in control?

Dana : Yes, exactly.

I recall a specific instance when I wanted to be recognized:	What do I want from it right now?	Has it been relea sed ?	How are you feelin g?
I got a new job, and I have to tell everyone and see their reactions. I recall a specific instance when I wanted to take control:	Want to agree What do I want from it right now?	it been release d ?	+ feelin g Okay?
Just a few days ago, when I had to sign a new lease, I went in very determined that I wanted to have the upper hand in this deal, so I thought... To control the situation and ensure the outcome is in my favor.	Want to control		

*Have I fully released myself ? +How do I feel about it now ?

○ 4 Haier:

Okay. Haier:

Kelly.

Terry Graduation in 1991 : I'm in the process of releasing myself, hahaha.

Haier: You want to liberate yourself. Would you mind telling us what you're liberating?

Terry Graduating in 1991 : Of course I don't mind, I wanted to share. I wrote down two things I wanted to be recognized for , but I think they both describe the feeling I want. I need my mom's approval for everything . I want 她to be seen as an adult , you know , and that's just the surface . It started when I was a teenager , and actually, I've been seeking that approval my whole life.

Haier: Are you aware of it?

Terry Graduating in 1991 : What did I realize? What do you mean?

Haier: Can you feel it? The desire to be recognized.

Terry Graduation in 1991 : I've been releasing it all this time.

Haier: So let's see if there's anything left? That desire to be recognized.

Terry Graduated in 1991 : Somewhat.

Haier: Okay, can you allow it to be released?

Terry, 1991 graduate: Hmm, free

now. Haier: Okay, think back to

your mother again.

Terry 1991 Graduation : I see 她a smile .

Haier : You see 她a smile ?
Terry Graduated in 1991 : Hmm.

Haier: Very good, very good.
Terry Graduating in 1991 : That was really great.

Haier: So how do you want to control it?

Terry, graduating in 1991: Moving was a really tough time for me. It was the first time I was in control of everything; the rest of the time, I always had someone with me. It was about being an adult, and I think it was also about wanting recognition, you know, wanting everyone to see me as an adult. I wanted everything to go smoothly, to be in our best interests, and for everything to go according to my plan. Although there were some difficult moments, we ultimately succeeded.

Haier: So, see if you can make yourself aware of what you want to control.
Terry Graduating in 1991 : Oh, I really needed this three months ago because it made me feel so much lighter.

Haier: Yes, once it is allowed into your consciousness, it is released.

Terry Graduating in 1991 : Well, another thing is, when we finally got here, neither of us had a job.

It's very stressful. We only have about $ 200 . We paid rent and everything, which was enough to last a month , but you know, it took me weeks to find a job. I take back what I said earlier; actually, I found a job in Betterfield in three days , but my husband searched for six weeks without success. So even though I have some income, it's really tough because he has none .

Haier: So, this inspired you to want to take control?
Terry Graduated in 1991 : Yes.

Haier: Can you allow yourself to be aware of things you want to control?

Terry Graduating in 1991 : Oh, wow.

Haier: It has already been released, right?

Terry Graduated in 1991 : Yes. Wow, that feels great.

Haier: Now let's see if there are any more people who want more. Think back to that situation, were there any more?

Terry Graduation in 1991 : I simply let it go, it's gone.

Haier: Very good.

Terry Graduated in 1991 : I feel much better, thank you.

Haier: Add another checkmark, check the box for this scenario.

Terry Graduation in 1991 : That's all, very peaceful.

Haier: Great, so you've released all your desires. You'll probably feel good, give yourself two checkmarks.

I recall a specific instance when I wanted to be recognized:	What do I want from it right now?	Has it been released ?	How are you feeling?
I need my mother's approval in everything; I want her to treat me like an adult.	Want to agree	it been released ?	+ feeling Okay?
I recall a specific instance when I wanted to take control:	What do I want from it right now?		
When we moved, as an adult, I think it was also a way of wanting recognition, you know, wanting everyone to treat me like an adult. I hoped everything would go smoothly , in our best interests, and that everything would go according to my plan. Do what you think	Want to control		

*Have I fully released myself ? +How do I feel about it now ?

○ 5 Jack (former student): I think this happened a long time ago. It was about wanting my father 's approval. This extends to other relationships. So you… I feel good about it now, I was just sitting in on the class. After all this, my thoughts are back in my head.

I can imagine my parents sitting in the place they usually sit most of the time, and I don't feel like I have their approval anymore. But I

don't want to anymore. It doesn't matter anymore. It's fine, I feel good about it, I feel great, it's wonderful.

Haier: That's great. Do you feel the love they receive?
Jack : Yes, I love it very much.

Haier: That's the key point. When you completely let go of the desire for approval, you will feel love. What others do is not important.
Jack : Yes, I do feel that way, I really do.

Haier: Great, I'll give myself two checkmarks. I feel completely liberated and wonderful.

Jack : Yes, it felt great. But when it comes to wanting control, I've worked hard my whole life, I've never worried about it, the money was always there, and then I went through a phase in my life where the money wasn't there anymore . The frustration made me want to take control of the situation, to get it back under control and deal with it. Today I felt a tremendous peace that I haven't felt in a long time.

Haier: Okay, let's start to realize tonight that we want to control something, and then we'll wait for it to come. You've released it again, haven't you?

Jack : I think the feeling is that as soon as you send it over, it just "whoosh" disappears. Jack : It disappeared quite quickly.

Haier: One point is that letting go requires no effort. All the effort we put in every day is actually just clinging on. When you go with the flow, you don't have to exert any effort. But when you resist the flow and go against the current, there will be a lot to do. So when you stop, when you let go, you can go with the flow , without effort, zero effort.

Jack : Yesterday I was releasing some obstacles, last night there were some obstacles, I was forcing, I was pushing it, and the release didn't happen.

Haier: Is there anything you want to control in the release process?

Jack : Yes, I really want to.

Haier: See if you can realize this now.

Jack : That's difficult, I can't keep it up.

Haier: You've already released it again. You've released it directly again, no

matter what.

Jack : Hahaha, I really did release it.

Haier: Yes, that's great, fantastic.

Jack : I don't feel anything now.

Haier: I think you can put two more checkmarks on your card.

Jack : Yes, I can check the boxes now.

I recall a specific instance when I wanted to be recognized:	What do I want from it right now?	Has it been released ?	How are you feeling?
I want my father's approval. This will extend to other relationships as well. I recall a specific instance when I wanted to take control:	Want to agree What do I want from it right now?	it been released ?	+ feeling Okay?
I've worked hard my whole life, and I've never worried about it ; the money was always there. Then I encountered a phase in my life where the money was no longer there. The frustration made me want to... Take control of the situation, bring it back under control, and handle it.	Want to control		

*Have I fully released myself ? +How do I feel about it now ?

○ 6 Kathy : Okay, about identification, I hosted a leadership course on Monday. My husband and I are both at the highest level in our group in my industry, so it was basically our leadership course.
We organized it, so I want to gain recognition; we inspire each other, so I want to gain the approval of the people in the classroom .

Haier: Here we go again.
Kathy : Anyway, I think I've released a pretty large portion of it, so....

Haier: Okay, so let's check if there are many desires. Put yourself in that situation and see if you can become aware of even more desires again. Has it been released?
Kathy : I think it's gone.

Haier: Okay, I think you can check off two boxes for yourself now.

Alright, so what do you want to control? Kathy : It was Saturday night, and it was also related to my business. We were planning a leadership class for Monday, and someone was lined up below us , like a row of people , 她and he gave his opinion at the meeting , saying what he thought should be done.

Haier: Hahaha, here we go again.
Kathy : I really think I've moved on from this. But anyway.

Haier: Anyway, tick the box.
Kathy : Anyway, okay.

Haier: You think it's good?

Kathy : I think so.

Haier: Give yourself two checkmarks.

Kathy : I hope you don't mind if I continue to release through this.

Haier: Of course I don't mind.

Kathy : I don't know, this method is so good. It's much better than crying.

I recall a specific instance when I wanted to be recognized:	What do I want from it right now?	Has it been released ?	How are you feeling?
I hosted a leadership course on Monday. My husband and I are both at the highest level in our group in our industry, so it was basically our leadership course. We hosted it, so I wanted to get recognition from the people in the class ; we inspire each other .	Want to agree	it been released ?	+ feeling Okay?
I recall a specific instance when I wanted to take control:	What do I want from it right now?		
It was Saturday night, and it was also related to my business. We were planning a leadership class for Monday, and there was someone below us , lined up like a row of people, who was giving a speech at the meeting. She expressed her opinion and thought about what should be done at the meeting.	Want to control		

*Have I fully released myself ? +How do I feel about it now ?

Nikki : For those of you at home, find a relaxed posture and a scenario you've already listed. It might trigger a desire for validation or a need for control.

When you think back to that time, allow yourself to recognize what

kind of desire it evoked. Can you let it go? See if there are any other desires there, whatever they may be. Can you let yourself let it go?

Think about that specific time again. What kind of desire is it there? Is it a desire for approval, or a desire for control? Can you let go of either the desire for approval or the desire for control? Then focus your attention on that matter again; whatever you want, can you allow it to be released?

Think back to that specific time, and simply allow yourself to be aware of any desires related to that situation, whatever they may be. Can you let go of them? Check again to see if there are any other desires there.

Or another one. Can you release it? You probably feel much better about it now, right now. Check the boxes for "Are you feeling better?" and "Feeling better?"

Let's focus on another specific scenario. Choose another scenario from your list. This time, it stirs up a desire for approval or control. If you're feeling more of a feeling, that's okay, but just trace that feeling back to the underlying desire. Now that you're aware of it, can you release it? Check it again, making yourself more aware of it. Can you allow yourself to let it go? Think about that scenario again , and see what you want now. Can you let it go? Check again, and see if there's more there. Can you allow it to be released? Now I'm going to let you release it yourselves, but make sure you continue until you've completely released it. Make sure you continue releasing until you feel good about this particular scenario , and then write down what you've learned in your reflection notebook.

(Please pause the tape and continue playing. Remember to write down what you've learned and continue when you're ready .)

Haier: Okay, now it's time for a summary of this tape. I just wanted to let you know that if you're finding it a little difficult to adjust to releasing, wanting validation, and wanting control, we're in a transitional phase. If you find yourself reverting back to focusing on your feelings, or if you feel more comfortable recognizing your emotions, don't worry. With practice, you'll find that releasing the desire for validation and the desire for control becomes increasingly easier. The more you release , the faster you improve, and cultivate the habit of continuous release. The more times you practice releasing throughout the day, the faster you'll progress. And if bigger problems

arise, if life presents you with a real challenge, but you've already released all day, or for a long time, you'll be there ready to let go of anything when something unexpected happens . Also, if you notice a tendency to want to revert to your previous release methods, don't worry, that's normal.

Remember the fisherman's story I told last week? There's another one I can tell; I can tell you I enjoy storytelling. But in a way, we're all like caged birds, which is funny, I think it's a funny metaphor. But what we're doing on these videotapes is learning how to escape the cage.

When we first opened the cage door last week, sometimes you might stare at it and say, "I don't even know if I want to get out," as if I know I can get out of this, but I don't know if I want to .

You might have noticed this week, while practicing this technique, sometimes you know you can let go, but you say, "Forget it, I'm not leaving, I want to stay in the cage. I don't care if there's poop this high in the cage . I'm here, I'm used to it." Then what happens is that as you continue practicing this technique, as you continue to let go, you start flying out of the cage. It feels great, but you'll say, "Wait, this is unfamiliar, I'd better go back." You'll find yourself rushing back into the cage and slamming the door shut. But again , this is the normal process. Because you have the key, the release technique is the key to open the cage, the key to open that door, so even if you run back into the cage yourself, you still have the key to get out.

As you continue doing this, you'll get better, you'll become comfortable, and you'll say, "You know , I've had enough of this cage. I'm going to let go of it, I'm going to give myself new freedom, I'm allowing myself that calm." So if you find yourself occasionally going back, don't worry. You may have noticed this this week as you've been practicing this trick. Your friends or relatives might get a little nervous, seeing you fly out of the cage, they'll say, "Wait a minute, I'm still in the cage, what are you doing out there?" They might even try to do something to make you fly back into your cage. If this happens, don't worry. It's normal for the people around you to feel threatened at first. Because you know they're used to it. You're locked in that small box, but as you keep releasing, as you keep releasing, they'll change, asking what you're doing, how can I get out of my cage? They'll want to join you.

Remember to release easily. Focus your attention on the desire for recognition and the desire for control, practice, practice , practice, release, release, release. Now let's take a break and give yourself some time to focus on your release.

Michael (sharing): I remember during the first week I was thinking, this is so cool, I can handle this, I'm in control. But when I started releasing my desire for validation, I realized that the desire for validation is my lifestyle , and the release method made everything different. You know, it's like the missing piece, the clue, the gas in the car.

Jim McMullen : It's important to make consistently releasing both desires a habit. If you want to achieve a state of tranquility, you must make releasing both desires a full-time activity. With continuous release, your life will improve more quickly. Sharing the entire concept of releasing both desires without context can actually be regressive. Anyone wanting to learn the release method is encouraged to have their own workbook and tapes, and before starting the next tape, make sure you spend at least an hour and a half practicing this new release method.

(Before watching the sixth tape, please take at least an hour and a half break and make sure you write down what you've learned.)

Edited by: Omi;
Compiled by: Zhenyi;
Proofread by: Ziyou
Chief Proofreader: Live in the Moment Video
Translation: Fay

Original Sedona Release Method 1992 Instructional Video 6

Rodney (sharing) : Last week we focused on relaxation, stress reduction, and getting more done at work . I felt much better last week, and my productivity increased by at least 20 %, which is great. I'm naturally a very productive person, and I think I'm working even better with the people I'm working with . My boss came to tell me on Friday that he's going to buy me a new computer, an A386 instead of an A286 , because it processes things faster. Even my handwriting has improved. My handwriting isn't bad, but it looks prettier now, and the letters are more symmetrical. Overall, I had a great week. My energy levels are high, I'm sleeping six hours every night, and I don't feel tired at all. This week was successful, and I hope next week will be successful too.

Haier: Welcome back after your break. I think you've already practiced the release techniques, and now we're going to review what we've learned. So if you haven't taken out your big emotion chart yet, please do. As you remember, last week we learned how to recognize our current feelings. We traced back to the underlying fears, sadness, despair, and then let them go. Every time you release a little bit of sadness, you release a little bit of all the feelings beneath it. Now we're going to release the desire for validation and the desire for control.

Now take a moment to fill in what you want to be recognized and what you want to control. See the small blank squares on the form?

(The Chinese version has been filled out) Please take some time, everyone here and at home, to write down what you want to be recognized and what you want to be controlled.

(Please pause the recording. Add "want to be recognized" and "want to control" to your emotion chart. Once you've finished, please continue.)

Haier: In the following lessons, we will focus on these two desires, and all feelings boil down to them. So every time you let go a little of the desire for approval and the desire for control, you also release a little of all feelings. That's why the results will be more effective than anything you've experienced so far. Because when you let go of the desire for approval and the desire for control, you remove all limitations, all uncomfortable feelings , and all obstacles to having what you want in your life. So continue, focus on these two desires.

If feelings arise, that's okay. You don't need to push them back, but remember to delve a little deeper and focus on the underlying desire for approval and control. When you do this, you'll see the results really accelerate.

Now we're going to practice with our workbooks. Open to the page that says "Let Go of Wants." So, turn to the "Let Go of Wants" page in your workbook. So far, what we've been doing, like last weekend and in the previous videos, has been focusing on what we want , releasing the opposite feeling, and then finding it (what we want) comes more easily. Actually, there's a more effective way to create what you choose in life: let go of both wants.

In fact, it is our conflicting desires that cause our suffering. We want certain things , but at the same time, we don't want them, and that's when we get stuck. And when we want something, that desire is preventing us from having it. We all have a long list, probably containing all the things we've always wanted. They always seem a little beyond our reach. That's because wanting equals lacking, so what we need to do now is make a list of the things in our lives that we want to have, the things we desire, and the things we want to get rid of, the things we don't want. So take some time, everyone here and at home, to write down what you want and what you don't want.

What do I want right now?	* release Did you?	+feeling Okay?	What do I not want right now?	* release Did you?	+feeling Okay?

*Have I fully released myself ?　　+How do I feel about it now ?

(Please pause the recording and write down what you want and what you don't want. Continue when you're finished.)

Haier: Okay, now let's release this chart together. Those of you at home can start releasing now; you don't have to wait until it's your turn. Remember, sometimes we'll see students releasing in one classroom, and sometimes we'll see releases from other classrooms.

○ 1 Haier: So who has something they want to release? Okay. Okay, so now have you noticed what you want?

Cheryl : Hmm.

Haier: Okay, let's delve a little deeper and see which one it is. Is it a desire for recognition, or a desire for control?

Cheryl : Yes. I want control.

Haier: Okay, it's just about making yourself aware of the desire to control.

Cheryl : Okay.

Haier: Did you let some people leave?

Cheryl : Hmm.

Haier: Okay. Let more desires surface. Again, you'll notice Nikki and I will increasingly let you release yourselves. We'll guide you in that direction, and before we even ask you anything, you've already released yourself. See, you've released yourself again. Just let more desires leave.

○ 2 Michael : Yeah, I feel really good.

Really. Haier: Okay. So you feel much better.

Michael : Yeah, I feel much better.

Haier: Great, put a few checkmarks on the form.

Michael : Okay.

Haier: Okay, now, as I guide the audience at home to release, I suggest that everyone here follow suit.

Haier: Now it's your turn. I feel I can't stress enough how much I emphasize this: there's nothing wrong with having things; what we need to do is let go of "wanting." The more you let go of "wanting," the freer you are to have what you choose in life. Furthermore, this truly

liberates our inner selves greatly when "wanting" is no longer in our way. So now focus on just one item on your list; let's start with what you want .

When you focus on it, see where it comes from. Is it a desire for approval or a desire for control? Can you let it go? Now focus on the same thing again and see which "desire" arises this time . Can you allow yourself to let this "desire" go?

Again, focus on what you want. Is it a desire for approval or a desire for control? Once you become aware of it, see if you can allow yourself to let it go. Focus on it again, and see if there are any other desires, either for approval or for control. Can you allow yourself to let them go? Focus your attention on it again, and make yourself aware of which "desire" arose at that moment. Can you let go of that desire for approval and that desire for control?

Now we're going to move on to what you don't want. But if you need to release more from what you just did, you can pause and then continue. So now, focus on what you don't want, what you want to avoid. Again, allow yourself to become aware of which "want" has arisen. Can you let it go? Focus on this again, become aware of your current "want," can you release that "want"? Simply invite more "wants" related to what you're releasing to surface , simply invite them into your consciousness. Remember, you don't even need me to ask you questions; if it appears and then leaves, that's perfectly fine.

Again, focus on what you don't want, letting the desire for approval or control enter your consciousness. Then easily release it. Again, focus on what you don't want, simply making yourself aware of what you want right now. Then easily let it go.

Now I suggest you continue releasing from this chart. Take the time you need to release each item. Again, the effect of starting to release desires is incredibly powerful. It's simply the desire for validation and the desire for control. But whatever you want in life, the more you release those desires, the more you will have. And you will become increasingly able to remain calm and composed in every moment. Because

no matter what happens around you, when you are not controlled by conflicting "desires," you can be more at ease.

(Please pause the video and continue playing. Remember to write down what you've learned. When you're ready, please continue.)

Nikki : Welcome back, students. Welcome back to those of you who stayed home. I hope you enjoyed your break and continued to release during it. We're going to release using a worksheet in our workbooks now . Please turn to the top page that says "Want to Control." What we're doing here is further exploring "Want to Control." By working on this sheet, we'll see two main things.

First, what do we get from wanting to control? There's a reason we do it. So what do we want? And another reason, another aspect, which is actually quite subtle, is what do we get from wanting to be controlled? You might find this a bit strange, but if you think about it carefully , sometimes we all relinquish our own power, letting others or other things control us. A good example is when you were a child, you wanted others to do things for you, you wanted others to control you, and you didn't. So we'll do further work in this exploration, so let's take a moment to write down, first, what do you want to get from "wanting to control"? And another thing, what do you want to get from "wanting to be controlled"?

can I gain from wanting to control ?	Has it been released?	How are you feeling?	do I get out of wanting to be controlled ?	Has it been released?	How are you feeling?

*Have I fully released myself ?　　+How do I feel about it now ?

(Please pause the video and write down what you get from "wanting to control" and "wanting to be controlled". When you are ready, please continue.)

Nikki : Now let's do the release together. What we're going to do is identify the underlying desires based on what you've written down and release them completely. Just make yourself aware of it, let it go, until you check the "let go" and "feel good" boxes for this.

Nikki : Who wants to release first? By the way, those of you at home, please release along with me, whether you're watching me guide

the students in this class to release, or watching clips from other classes, just keep releasing together.

○ 1 Nikki: Michael , what do you want to get out of "wanting to control"? Michael : Wait a minute. What do I get out of it, or what do I want to get out of it?

Nikki : You can have either of those.

Michael : I think about what I got from the "wanting to control," and I think I got a headache.

Nikki: Okay. Okay.

Michael : I don't want a headache, but it happens all the time.

Nikki : Okay, when you think about this, what does it evoke? Your desire for validation, or your desire for control?

Michael: **It feels like I'm being recognized.**

Nikki: Okay . Just make yourself aware of what you want (laughs), and then let it go . Alright .

Take another look. Have you realized that there's even more to it than just a desire for recognition?

Michael : No, no, not about that.

Nikki : Very good. Okay, Michael , so what did you get out of "wanting to be controlled"?

Michael : Safe.

Nikki : Okay. Can you tell if this stems from a desire for approval or a desire for control? Michael: **Control.**

Nikki : Okay, can you get this thing to take control and leave? Michael : That's a bit difficult.

Nikki : Okay. But did you feel it? (Michael laughs) Okay, you've released it. Think about it again, you want security. Can you feel more of a desire for control?

Michael : Yes, really, it's gone.

Nikki : Okay. How are you feeling now? Michael : Great.
Great.

Nikki : Okay. Alright, don't forget to write it in your notebook. Michael : Okay, thank you.

What can I gain from wanting to control?	Has it been released ?	How are you feeling ?	What do I get out of wanting to be controlled?	Has it been released ?	How are you feeling ?
Headache			Safety		

*Have I fully released myself ? +How do I feel about it now ?

○ 2 Nikki : Who else wants to release this table? Who's next? What do people get out of wanting control? What do you think you get out of it? Rodney .

Rodney : On the surface, I was looking for power and fulfillment. But Michael said, headaches. Headaches—I was startled by that word. When I try to control things, I get tense, and my body tenses up. When you're tense, blood doesn't flow as smoothly. I might not be able to think well, which gives me a bit of a headache. The side effect of doing that is that I also get a bit of a headache.

Nikki : Okay.

Rodney : My thinking wouldn't be as clear and effective if I didn't want to control it .

Nikki : Okay

Rodney : That's also a disadvantage.

Nikki : Okay. When you think about this, does it evoke a desire for validation or a desire for control?

Rodney : I think **it might be control** ; I tend to be a controlling person. Nikki : Okay.

Rodney : I think it's been stirred up.

Nikki : Now that you realize it, can you let it go? Rodney : I'll try. (laughs)

Nikki : Okay, see if you can make yourself aware of that desire to control. Rodney : Okay.

Nikki : Can you release it? Rodney : Yes, I can.

Nikki : Okay. See if you can become aware of more of the things that give you headaches and make you feel stressed .

Rodney : Yes.

Nikki : Can you allow that desire for control to be released? Rodney : Yes, I believe I have the ability to do so, to release it.

Nikki : Can
you? Rodney :
Yes.

Nikki : Great. So when you think about it, see if there's more. Rodney : Just a little bit. It's cunning.

Nikki : Yes (laughs) .
Rodney : Sneaking in
secretly.

Nikki : Hmm, just focus on the
rest. Rodney : There's some left
over.

Nikki : Do you still
want to control? Rodney
: I think so.

Nikki : Okay. Can you let it
release? Rodney : Yes.

Nikki : Okay. Great. How are you
feeling now? Rodney : Even better.

Nikki : Okay. Rodney
: Better mindset.

Nikki: Okay.
Rodney : A happier mindset.

Nikki : On the other hand, what did you get out of wanting to be controlled? Rodney : I got validation.

Nikki : Okay, so you want to be
recognized? Rodney : I think so.

Nikki : Okay. Can you let that urge out?

Rodney : Yes, I can.

Nikki : Can you realize anything more, Rodney ? Want to be recognized?

Rodney : Yes, and one more thing.

Nikki : Okay.

Rodney : For some reason, it's easier to release on this side than the other.

Nikki : Okay.

Rodney : There's a little bit left here.

Nikki : Can you make it leave? That one wants to. Rodney : Yes. (laughs) It slipped away quietly.

Nikki : Okay. (Everyone laughs) How are you feeling now? Rodney : I feel great.

Nikki: Okay , you can continue to release your energy while I 'm 帮helping others .

Rodney : Thank you!

What can I gain from wanting to control?	* Released Right?	+Feeling good Right?	What do I get out of wanting to be controlled ?	Has it been released?	How are you feeling ?
When I try to control things, I get tense, and my body tenses up too. When you're tense, your blood doesn't flow as smoothly. I might not be able to think well, and it gives me a bit of a headache. The side effect of doing this is that I also get a bit of a headache.			Want to be recognized		

*Have I fully released myself ? +How do I feel about it now ?

○ 3 Nikki : So who else?

Cheryl : I want to get what I want in my own way.

Nikki : Oh, okay. What's the underlying desire, is it to be recognized or to be controlled? Cheryl : I think it's control, at **the very surface level** .

Nikki: (Laughs) She's already been released. Cheryl : I don't know. What do you think?

Nikki : Then focus your attention on it, on wanting to control it, and get what you want.

Cheryl : Yeah, that part is good, it's when you think, someone says, no, you can't have it. It's like , maybe I haven't completely let it go yet.

Nikki : Okay, very good. So there are more feelings. Cheryl : Definitely. They're surfacing (laughs)

Nikki: (Laughs) Okay. Okay. **Now focus on wanting to control it** . Cheryl : Yes.

Nikki : Can you release it? Cheryl : Yes.

Nikki : Okay, can you feel anything more, Cheryl ? That kind of desire to control?
Cheryl : I think there's a desire for recognition there.

Nikki : Okay. Just allow yourself to be aware of wanting to be recognized. Can you let it go? Cheryl : Yes.

Nikki : Okay, okay. Let's see if there are any more. Cheryl : I feel like we've let more leave.

Nikki : Okay. When you think back on it again...
Cheryl : I remember someone telling me, no, I can't have it, and then...

Nikki : So it sparked more questions about whether you want to control or be recognized when you think about this issue .
Cheryl : I think it's about wanting to be recognized.

Nikki : Okay. Can you let the desire for recognition and release be fulfilled? Cheryl : I don't think so. (laughs)

Nikki: Are you sure?
Cheryl : It doesn't want to move at all. (laughs)

Nikki: (Can't hear clearly) . Yes, let's check it now. Cheryl : It looks better.

Nikki : Look over here and see if there's more of a desire for approval or control when others say no to you.

Cheryl : No, it's not on my mind right now.

Nikki : Okay.

Cheryl : I think it's gone.

Nikki : Okay.

Cheryl : I'll watch it once. (laughs)

Nikki : Yes, watch it again. Imagine someone saying that to you.

Cheryl: Yeah, yeah, that's a big problem. It's like a "bang." I can't find it; I think it's gone.

Nikki : You let them all go, great, give yourself a thumbs up. Now, on the other hand. What do you want to get out of wanting to be controlled?

Cheryl: **I have no responsibility. I let others tell me what to do, so I don't have to worry** .

Nikki : Okay. Does this stem from a desire for approval or a desire for control? Cheryl : It's probably about approval. That way, no one can say I'm wrong.

Nikki : Okay. Focus on wanting recognition; no one can say you're doing anything wrong.

Cheryl : I feel like it's stuck, like it's just here and won't go anywhere or anything.

Nikki : Okay. You want to control the current stuck state? Cheryl : Yes.

Nikki : Can you let go of the urge to control? (The student smiles and nods) Okay? Very good. Okay. Think about that thing again.

Cheryl : Another feeling has also passed.

Nikki : Okay, good.

Cheryl : Because when I think about someone saying I did something wrong, I feel fine, and I don't need to feel sad about it.

Nikki : Okay, okay.

Cheryl : Yes.

Nikki : Okay, very good. You can check off a few of your choices, thank you!

What can I gain from wanting to control?	* Released Right ?	+Feeling good Right ?	I was able to get control from the desire to be controlled What will we gain?	Has it been released?	How are you feeling ?
I want to get what I want in my own way.			I have no responsibility; let someone else tell me. How can I do this so I don't have to? Worried		

*Have I fully released myself ? +How do I feel about it now ?

○ 4 Terry: **I feel like I've gained**

recognition for wanting control . Nikki : Oh,

okay.

Terry : So I guess that's what recognition is. (laughs)

Nikki : You just let it go. See if there are any more, Terry . It wants approval . Can you let it go?

Terry : Yes.

Nikki : Okay. Anything else? See if you can make yourself more aware of wanting to be recognized. Terry : Yes, yes, I can feel it.

Nikki : Can you release

it? Terry : Yes.

Nikki : Okay.

Terry : I can feel it leaving, and that feels good.

Nikki: Very good. Okay.

Terry : I think a lot of the time when I want to control something, I... feel a need for validation.

Nikki : Yes, we also try to gain recognition by controlling others.

Terry : Mm. To get these wonderful things, like power, like recognition, etc., for me , it's all about being recognized.

Nikki : Okay, anything else, like you said? Wanting recognition? Terry : Yes, a lot. (Everyone laughs)

Nikki : Okay. This is another one. Okay, okay, very good. How is it now? Terry : It's getting harder and harder to feel it.

Nikki : Okay, but is there more? Terry : Yes.

Nikki : Okay, it's just about making yourself aware of wanting to be recognized. Terry : Okay.

Nikki : Can you release it? Terry : Yes.

Nikki : Okay. Can you tell there's more?
Terr y : I think right now I might have a feeling, like, of course, I want it to go, and then I.....
I'm a little stuck.

Nikki : Okay, do you want to control it? Terry : Yes.
(laughs)

Nikki : Okay, that's a good release. Terry : Yes.

Nikki : Let's see what's there now. Feel the desire for approval or the desire for control. Terry : Okay. I feel much better, yes, yes.

Nikki : Are you sure?

Terry : I know, I know, I feel much better.

Nikki : Okay, very good. Let's look at the other side. What do you get out of wanting to be controlled? Terry: **If I'm controlled, I'm accepted.**

Nikki : Okay.

Terry : Being recognized. (laughs) Well, I guess I released more...

Nikki : This is another side. We have both sides, it's just that this side isn't as obvious.

Terry : It's amazing how many people want approval on the forms that people want to control.

Nikki : Yes. It's very likely they usually know what they want there. Terry : Mm-hmm.

Nikki : So focus again, Terry . See if there's anyone else who wants recognition. Terry : Okay.

Nikki : Can you make it leave? Terry : Yes.

Nikki : Okay. Anything else? (The student nods) Can you let it go, let it leave? Terry : Yes.

Nikki : Okay.
Terry : I can. It's a piece of cake.

Nikki : Okay, how are you feeling now? Terry : Very good, very good.

Nikki : Okay. Then give yourself a few ticks. Terry : Okay.

can I gain from wanting to control ?	Has it been released?	How are you feeling?	do I get out of wanting to be controlled ?	Has it been released?	How are you feeling?
1. The desire for			If I am controlled, I will be accepted.		

control was validated.					
2. We also sometimes try to gain recognition (such as power) by controlling others.					

*Have I fully released myself ? +How do I feel about it now ?

Nikki : Now let's do some release together with our audience at home. Everyone here, continue to focus on your own release, and I'll guide the students at home as they release. Those of you at home, find a comfortable spot. Select something from your worksheet that you want to get out of control. Look at what the underlying desires are. For example, what do you want?

To be accepted, or to want to control. Can you let it go?

Check it again. See if there's anything more there. Whatever it is, can you let it go ? When you think about that, that's what you think you're getting from "wanting to control." Feel that wanting, let it enter your consciousness. Can you let it go?

Look at it again. Do you see more desires now? Can you let them go? When you think about what you get from controlling desires, look at what desires you have now. Can you release them? Do you see more desires still there? Whatever those "desires" are, can you let them go?

Now let's look at the other side. What do you want to get out of "wanting to be controlled"? Look at the underlying desire . Is it a desire for approval or a desire for control? Can you release it? Check again to see if there are any other desires. Can you let it go? Check again. What is the current desire? Is it a desire for approval or a desire for control? Can you release it?

Think again, what do you want to get from wanting to be controlled? Whatever it is, just allow it into your consciousness. Allow yourself to become aware of it, can you let it go? Try again, see if there's more there? Can you let it leave?

Okay, now continue with the release process using these forms. See what you want to get from "Want to Control" and what you want to get from "Want to Be Controlled," and then continuously release the rising "want," letting it go. Continue until you feel good, then check the boxes for "Let Go" and "Feel Good" in both columns. So now take a little longer, pause the videotape, and continue releasing quietly on your own.

(Please pause the video and continue playing. Remember to write down what you've learned. When you're ready, please continue.)

Nikki : Now we're going to do the same thing. But this time it's about "wanting to be recognized." Those of you at home and those of you here, please turn to the page in your textbooks about "wanting to be recognized." "Wanting to be recognized" has two sides. We think we'll get something from "wanting to be recognized," but on the other hand , sometimes we also want not to be recognized.

You can consider this from the perspective of a rebel. You all know some rebellious people who enjoy being unappreciated and crave it. A part of us also has this tendency. We will explore this more deeply—the desire for approval and the desire to be unappreciated. So I'll give you some time to write these things down. What do you gain from the desire for approval and the desire to be unappreciated?

do I get out of wanting to be recognized ?	Has it been released?	How are you feeling?	What can I gain from wanting to be unappreciated?	Has it been released?	How are you feeling?

*Have I fully released myself ?　　+How do I feel about it now ?

(Please pause the video and write down what you want to gain from "wanting recognition" and "wanting not to be recognized." Continue when you are ready.)

Nikki : Let's look at what you wrote here: the desire to be recognized and the desire not to be recognized. To everyone at home, as I help others release, please continue to release along with them, focusing on this.

○ 1 Nikki : Who wants to go first? Michael, what have you gotten out of wanting recognition? Michael : Disappointment.

Nikki : Okay, what does this evoke? Is it a desire for validation, or a desire for control? Michael : Control.

Nikki : Okay. Can you let go of that desire to control? Michael: (Laughs) Yes, I can.

Nikki : Okay. Is there more you want? When you think about it, you get disappointed and need more release?

Michael : Disappointed, yes .

Nikki : Can you feel more of a desire to control things there? Michael : Yes, a desire to control disappointment.

Nikki : Yes. Can you put it down ? (The student laughs) Michael : Yes.

Nikki : Okay. Let's see if there's any more. Michael : Great.

Nikki : Okay, very good. Alright, let's go to the other side. Michael : Okay.

Nikki : What do you get out of wanting to not be recognized? Michael : I get a lot of confidence.

Nikki : Okay, so is it a desire for recognition or a desire for control? Michael : Um, like self-identity.

Nikki : Can you let this desire for recognition come out? Michael : It's a desire for control. That's it. (laughs)

Nikki : So just make yourself aware of anything you want to control, and let it go. It's when you think about it that you gain confidence. Michael : Yes.

Nikki : Is there a greater desire for control or recognition there? Michael : Now I feel in control. But I don't think it's about wanting to feel in control. It's about wanting to control . I don't know (laughs)

Nikki : When you think about wanting to be unappreciated and confident, do you feel that you gain confidence? Michael : Yes. I think it definitely gives me confidence.

Nikki : The truth is, when you let go of your desires, you gain self-acceptance, and that's when you truly feel confident. You don't want to get it from somewhere or from anyone else. You already have it

within you, so in fact, when you release it, you no longer want it, and that's how it feels to have it.

Michael : Okay, that's great.

Nikki : Okay, you feel good. Michael : Yeah, super.

Nikki : Okay, give yourself confirmation and write it in your achievement book.

do I get out of wanting to be recognized ?	Has it been released?	How are you feeling?	What can I gain from wanting to be unappreciated?	Has it been released?	How are you feeling?
disappointment			I gained a lot of confidence.		

*Have I fully released myself ? +How do I feel about it now ?

○ 2 Nikki : Who's next? Okay, Cheryl , what do you get from wanting recognition? Cheryl : Being accepted, that's what I want.

Nikki : Okay. Is it a desire for approval or a desire for control? Cheryl : A desire for approval.

Nikki : Okay. Can you let go of the need for validation? Cheryl : Yes.

Nikki : Okay. Do you feel a greater desire for recognition? Cheryl : Mm, a little.

Nikki : Can you release it?
Cheryl : I'm sure I can
(laughs)

Nikki : You're holding on to this.
Cheryl : This is how I talk to you.

Nikki : You hold onto it, then let go, right? (Can't hear clearly) Now look, does your clinging come from a desire for approval or a desire for control?
Cheryl : I think it's about wanting control.

Nikki: Yes , you can allow it (student laughs) Okay , just left .

Cheryl : Yes, I just left...

Nikki : Now that you think about it, is the desire to be accepted what you think you get from the desire to be recognized? Cheryl : Yes.

Nikki : Look at how it feels there now, when you think about it. Cheryl : It feels even better.

Nikki : Okay. You let it leave? Cheryl : Yes, that's right.

Nikki : Then check it off for yourself. On the other hand, what did you gain from wanting to be controlled... sorry, I mean, from wanting to be disapproved of?

Cheryl : I'm following up. I think Marry has already mentioned this.

Nikki : Okay, that's fine.

Cheryl : It's like sometimes reacting to other people's reactions, so you can control them. (Everyone laughs)

Nikki : When you think about this, do you still want to control it? Or do you want to be validated? Cheryl : Yeah, I just let it go.

Nikki : How is the situation now?

Cheryl : There are still some, some who want to control.

Nikki : Okay. Can you let it release? Cheryl : Yes.

Nikki : Okay, okay.

Cheryl : I'm sure I can. That feels much better.

Nikki : Okay.

Cheryl : Yes.

Nikki : That's great, thank you.

Cheryl : Thank you.

do I get out of wanting to be recognized ?	Has it been released?	How are you feeling?	What can I gain from wanting to be unappreciated?	Has it been released?	How are you feeling?

Accepted			Paying attention is like sometimes reacting to other people's reactions; it gives you control over them.		

*Have I fully released myself ?　　+How do I feel about it now ?

○ 3 Nikki : So who else? Dave , what have you gotten out of wanting to be recognized? Dave: **setback** .

Nikki : Okay. What does this evoke? Do you want validation, or do you want control? Dave : Control. There are many.

Nikki : You've come into contact with it.
Dave : Of course
(laughs)

Nikki : Let's feel it again, Dave , that desire for control. Can you let it go? Dave : Yes.

Nikki : Okay, can you feel more of that desire to control? Dave : There are many there.

Nikki : How much do you want to control...? Dave : Hmm? More over time.

Nikki : Hmm, do you want to control the feelings that accumulate over time? Dave : I might like control, I might like it.

Nikki : Can you let it out? (Student nods) Okay. Is there more you want to control, the accumulated stuff?
Dave: It feels better.

Nikki : Okay. Dave
: It's definitely better now.

Nikki : Great. Okay, let's look at that again and see if there's more of a desire for control? Or a desire for validation?

Dave : Wants more control.

Nikki : Okay. Can you make it leave? Dave : It feels even better.

Nikki : Yes, you released a lot. Dave : Yes.

Nikki : The rest is just about making yourself aware of that desire to control, and whether you can let it go. Dave : Yes, I could let it go. But I have a feeling I want to keep some of it.

Nikki : Oh ~ , is it for control or for approval? Dave : Control. (laughs)

Nikki : Okay. Dave : It feels even better.

Nikki : Okay.
Dave : Much better.

Nikki : You know, the decision we use to grasp a feeling or release a feeling is the same one. It's actually the same thing. Usually, if I ask you, can you grasp this feeling? Yes, you can, you need to know it's the same. If I ask you, can you let it go? It 's exactly the same decision you use to let it go.

Dave : Thank you! That's good, that's good.

Nikki : How many checkmarks do you put on yourself?

do I get out of wanting to be recognized ?	Has it been released?	How are you feeling?	What can I gain from wanting to be unappreciated?	Has it been released?	How are you feeling?
frustration					

*Have I fully released myself ? +How do I feel about it now ?

Nikki : Now let's do some release with our viewers at home. You can continue to focus on releasing, allowing whatever you feel in the

present moment to want, just release. Okay, put yourself in a comfortable state . Find something on your list that ″you want to get from wanting validation.″ Whatever that is , look at what the underlying, related desires are.

Do you crave validation or

control? Can you release

that urge?

Take another look. Is there anything else you want?

Can you put it down?

When you think about what you want to get from wanting recognition, look at what kind of desire you have right now.

Edited by:

Omi;

Compiled

by: Jian

Proofread

by: Feng

Qing;

Headquarte

rs: Apple

Original Sedona Release Method 1992 Instructional Video 7

Nancy (graduated in 1991):

The most significant thing I realized from this course was that I had been living in fear. This really made me angry and sad. Because I became aware of those little things I was afraid of, I came into contact with that feeling, and now I know what it is. I can release it, and it opens me up a lot. I'm more open to new challenges that no longer scare me; I'm not afraid of anything anymore. I'm sure I'll still encounter challenges in the future, but right now it feels like, okay, let's do it. What comes next? I can't wait to find out; I'm excited about it.

Terry (graduated in 1991):

When I went back to work on Friday, the girls there noticed a dramatic change in me. They said they felt I had reached the pinnacle of happiness. It was incredible; I realized that most of the time, I used to— yes, I used to be—afraid of clients, even though I didn't really want to rush them; we didn't actually have commissions. But when I tried to approach them, they were always wary, they always backed away. But I found that on Friday and Saturday , no one backed away from me anymore. It was unbelievable, I simply couldn't believe it, and that's what made me so happy.

Haier: Good morning, welcome back, everyone at home and everyone here. So far, we've begun to release ourselves in this new way. Releasing the desire for recognition and the desire for control. This morning, we're actually going to go a step further. There's a desire that goes deeper than just wanting recognition and wanting control.

It's the desire for security, or rather, the desire to survive. Basically, we want recognition because of security. In other words, if everyone approves of you, you can go to central Iraq; if every Iraqi loves you and approves of you, you're safe. So we want recognition because of security, because of feeling secure.

So where does the desire for control come from? We want to control others to approve of us, so we feel safe. Therefore, at the root of these two desires is the desire for safety or survival. So what we need to do today, besides releasing the desire for approval and the desire for control, is to release the yearning for safety or survival. Now remember, we are releasing desires; there's nothing wrong with feeling safe. In fact, the more you release the desire for safety or survival, the stronger your sense of security will be.

Whatever happens around you then, this is very useful in today's society. Just a quick glance at the newspaper or television can easily reveal how many insecurities are triggered within you. You don't know what will happen in the economy; everything is constantly changing. When you begin to let go of your desire for security and survival, you will feel more in control. No matter what happens around you, you can remain calm and focused in the present moment. Instead of constantly talking about it, let's release and explain. Now we need a volunteer to do the release. I'll demonstrate how. So, who has something to release? I'll demonstrate the connection between this new desire for survival or security and things.

○ 1 Michael: I want to try.

Haier: Okay, what is it? Tell us something about what you want to release?
Michael : I came here voluntarily. Is what I want to release something that involves a lot of things I want to be safe with ?

Haier: See if there's anything you think might be related to wanting security and wanting to survive. I'll teach you how to do it, how to release that desire.
Michael: Okay, I want to live.

Haier: Okay, this might be related to the illness you mentioned yesterday?
Michael: Hmm. Specifically, yes. But generally speaking...

Haier: Okay, the more specific the better. In other words, when we speak in general terms, it's difficult to grasp what we truly want in the present moment. So, be more specific, think of a concrete situation or a problem in your life that triggers your desire for security or survival. Those of you at home don't need to wait; you can also release your desires.

Michael : I think this is common in my life; I feel safer at home than outside, for what reason?
Anything can happen, right? A car accident could also lead to a shooting or murder, right?

Haier: Okay, since you brought this up, let's talk about leaving your home and entering this potentially hostile world, and see if you can let some feelings of wanting security into your consciousness, that feeling of insecurity.

Michael: I can feel it.

Haier: Can you allow it to be released?

Michael: I've never thought about it that way.

Haier: This is just another way of wanting.

Michael: Yes, I thought that's the feeling we wanted.

Haier: We certainly believe that, and always have. The desire for security and the desire to survive are so pervasive; we are constantly immersed in them. You can't see it because it's like water surrounding a swimmer. It's always there, and we are actually drowning in it. But when you begin to release it, you will find an inner sense of security. That's very strong within you, so that no matter what happens around you, you can feel safe.

Equally important is, for example, what if you were in a car accident? If you weren't distracted by the accident, wouldn't you be able to do the right thing at the right time? Most of the time, our insecurity stems from panic. Our fear of death drives our behavior. When we're in a potentially life-threatening situation, it's the fear of death that threatens our lives. But when you let go of those desires for security or survival, even in a potentially threatening situation—like a train coming at you at 100 miles per hour, and you're standing on the tracks—no one needs to convince you to get off the tracks. But I believe you've all been in situations like that in your lives, not necessarily standing in front of a train, and I think most of us wouldn't do that.

But when we're in that situation, the desire for safety freezes us. If you weren't distracted by it, when a car comes along, you'd step aside; it doesn't require much intellectual understanding to know what to do. But our desire for safety and survival leads us to do the opposite. It causes us to constantly take action, to constantly do things to protect our bodies, even when it's completely unnecessary. Yet, when it's necessary, we miss opportunities. It's all because of the need for safety and survival. Michael: So you're saying that

wanting safety means you don't feel safe?

Haier: Yes, that's exactly what we're trying to release—that feeling of not having. Then we'll gain a sense of security. Okay, let's go back to that scenario. When you need to leave home to face the world, can you feel that desire for security or survival?
Michael: Yes, it's a habit.

Haier: It's a habit, a very strong habit, but it can be broken. But as you can see, just like the desire for recognition and the desire for control, it's easy to let go when you realize it.
Michael: Yes, that's amazing.

Haier: Okay, let's focus on it again and allow more of the desire to arise when you think about leaving your house .
Michael: Every time I touch it, the feeling disappears.

○ 2 Haier: That's right.

Rodney: Okay, it's gone.

Haier: Okay, let's look at it again. With economic security, what has it stirred up now?

Rodney: I want to be safe.

Haier: Want security? Sure.

Rodney: Safe and unsafe.

Haier: So this is a kind of longing for security. Make yourself aware of it, and I'll be quiet for a while so you can release it.

Rodney: I feel much better.

Haier: Much better. Is there still something you're holding onto?

Rodney: A little, yes, very deep.

Haier: Do you want to control your security?

Rodney: Possibly, there's a control element that moves around within it without leaving.

Haier: Okay, can you release the feeling of wanting to feel safe?

Rodney: Okay.

Haier: Okay, how about now?

Rodney: 帮Helpful . I feel much better .

Haier: Much better? Then let's focus on the internal aspects again, concentrating on the topic of economic security. Let's see if we can still achieve what we want now.

Rodney: Maybe there's some control.

Haier: Okay.

Rodney: It gives me a sense of reassurance.

Haier: Make sure you feel right, right? Okay, let's keep quiet and let you release yourself.

Rodney: Okay, that feels even better.

Haier: Do you think this is a gain?

Rodney: Absolutely.

Haier: When you let go of your financial insecurity, a range of choices and opportunities will usually come to mind. You may not realize it now because your desires are holding you back. So there's nothing wrong with financial security; what we need to let go of is the desire for security, that feeling of lack.

Rodney: When we want something, it's almost like we're denying that we can do it.

○ 3 Haier: Absolutely, that's how we are; we prevent ourselves from owning it. Okay, if you've forgotten, I can write it down. Thank you, who else?

Terry: There's something I really want: to be in a relationship. To have a meaningful relationship with a man. I 'm not sure if I can achieve that right now, but I know I have that desire.

Haier: Okay, let's take a look together. How long have you wanted a relationship?

had this idea when I got married .

Haier: I know, that's why I used the word "meaningful".

Terry: This brought back memories of the past. Back then, I also tried very hard to want it. In my marriage , I also have this desire. I hope it will work, so I'm now touching upon this desire.

Haier: Are those coming up now seeking recognition? Control? Or security, or survival?

Terry: Yes, both.

Haier: Which one is the easiest to realize? Choose the one you have the most contact with.

Terry: I think it might be a desire for recognition.

Haier: Okay, allow yourself to be aware of the desire to be recognized.

Can you release it? It's just a desire, and more of it surfaced, that's okay. There's more of that desire there because it's been there for a long time. Most of us spend a lot of time wanting another person, a special person, and it's very deep. So allow yourself to be aware of what kind of desire is being evoked at that moment—is it still the desire to be recognized?

Terry: I think I can feel a lot of the desire to survive; my palms are sweating.

Haier: Okay, the choice is for you to realize you want safety or survival. Can you release it?

Terry: When you touch it, it starts to open up a little.

Haier: Release yourself, it's not difficult. Make yourself aware of what you want more, and open the hinge a little more.

Terry: Okay, that's terrible.

Haier: I know we've been running away from it, running away from it. It's like grabbing a tiger's tail. When we want to escape, to survive, or to be safe, or any other kind of desire. You know, you're afraid to let go because you're afraid the tiger will turn around and bite you. But believe me, this is the real hardship. Always grabbing the tiger's tail, they'll bite you no matter what. So just make yourself aware of this desire.

Terry: I feel much better.

Haier: See, when you allow it into your consciousness, it is easy to release.

Terry: Yes.

Haier: Okay, let's look at it again and pull out a little more of what we want.

Terry: I'm a bit stuck here, I can feel it on a physical level.

Haier: Do you want to control this situation?

Terry: Yes.

Haier: Can you let go of the desire to control this situation?

Terry: Yes.

Haier: When you let go, is it released?

Terry: Yes.

Haier: There's something very important to remember, for everyone here and for everyone at home. If you've ever gotten stuck in the process of releasing, or if you realize you're in a particular state of desire but haven't released it, then release the feeling of wanting to control it. When you release the desire to control, whatever that desire is right now, it's easy to release.

Terry: It's here (pointing to the mind). I think, yes, that's good, I want to get rid of all this wanting.

Haier: The here (feelings) and the here (mind) don't always work together, but the more you release, the more you'll find that most of us spend our lives like this, a little off track, or more like this. But when you release, everything gets back on track. Most of the time our hearts and minds aren't in sync. It's like a battle, but as you keep releasing, you'll find harmony within yourself. Once they're unified, you can easily start doing what's right for you and avoiding what you think is wrong. Okay, shall we continue ?

Terry: I think I need to let it out for a while.

Haier: We will soon have more opportunities to release, okay?
Terry: Okay, thank you.

Haier: Now you continue releasing the events you are releasing, and I will lead the audience at home in a release. You might be thinking, "Finally, it's my turn." In short, everyone at home, please allow yourselves to focus your attention on a specific situation. This situation may evoke your desire for safety or survival.

Everyone here, join me in allowing yourself to become aware of what you want right now. Whether it's wanting safety, validation, or control. Now that you're aware of it, can you let it go? Focus on the same situation again, becoming more aware of your desire for safety, survival, or any other desire. Can you let it go?

Now, let's do it again, focusing only on the same situation, and see what kind of desire it evokes this time.

Remember, you can only release what you want right now. Not what you wanted then, but what you want now. Can you let it go? Focus on that situation again, and see what you want right now? Whatever you want, can you release it? Okay, focus on your inner self again, focus on what you want in this moment, make yourself aware of what you want right now, can you let it go? Can you?

Now I suggest you pause the recording for a while, and then allow yourself to continue releasing in this new way, continuing to allow things that want to enter your consciousness, allowing them to be released. It won't necessarily be difficult. You'll find that when you

become aware of it, you don't even need to ask yourself any questions; just let go.

(Please pause the recording and continue releasing, making sure you write down what you've gained, and continue when you're ready .)

Terry (sharing): I've put a lot of thought into my finances, and I realized I was my own worst enemy. By freeing myself from the constraints of hiring and income goals, I've been able to make clearer decisions, communicate better with others, and see things more objectively by focusing on things instead of distracting myself. I really feel like I've made a lot of progress. I had potential income in two different areas, I submitted a resume, and job opportunities just popped up...

It's out. It looks like it might work, so, you know, even though I haven't started yet, I'm constantly releasing myself, and I'm sure I'll get to where I'm supposed to be soon.

(Please take a break, remember to continue releasing information, make sure you write down what you've learned, and continue when you're ready .)

Michael (sharing): I feel much more energetic this week. For some reason, my feelings and emotions have become more fluid and vibrant.

Nikki: Welcome back to your break, everyone, especially those of you at home. I'm now going to release another release form, which will further help release your desires for security, acceptance, and control. Turn to the " Remember " page. This time, focus on recalling a scenario that evoked your desire for security and survival—maybe going to a job interview, or losing your passport abroad. Whatever it is, just some thoughts, but let me give you some time, those of you at home and those of you here, to write down specific examples that apply to this.

I remember a time when I wanted safety or survival Specific	What I want from him now	* release Did you?	+ feelin g Okay?

*Have I fully released myself ? +How do I feel about it now ?

(Please pause the recording and write down the scenario in which you want to survive or be safe. Continue when you are ready .)

○ 1 Nikki: Okay, now let's do some release together. For those

of you at home, focus on the scenarios you've written. As I guide others to release, you release along with them. Who wants to be the opening act?

Dave: Earlier, my wife and I were flying out of Honolulu when we encountered a pretty violent storm. Apparently, the plane was struck by lightning. There was a huge explosion, chaos on the plane, and all the passengers were in a panic. If anything could evoke the will to survive, it was this.

Nikki: Yes. When you look back on that time, David, what kind of desire was ignited? Was it the desire for recognition? The desire for control? Or the desire to survive?

Dave: I think it's basically **about control**, and I wish I could have been in better control than I was back then.

Nikki: Okay, **allow yourself to become aware of your desire for control**, that feeling of losing control, and you can release it.

Right?
Dave: Hmm, I can.

Nikki: Is there more people who want to control things? Dave: Yes, there are.

Nikki: Could you put it down?
Dave: (Nods)

Nikki: Okay. Dave: I feel a bit lighter now.

Nikki: Think back to that time. Think back to when you and your wife were in that situation, and what kind of desire do you have now?

Dave: **I want to survive**.

Nikki: Okay. Allow yourself to be aware of that desire to survive, can you allow it to be released? Dave: Yes.

Nikki: Did you feel more there?
Dave: I think so.

Nikki: Yes, this situation definitely stirred it up. Could you allow more people to come out and be released? Dave: (Nods)

Nikki: You think you like this and want it, can you make it go away? Dave: I can make it go away.

Nikki: Okay. There are still some left, right? Dave: I feel

much better.

Nikki: Just realizing it freed you up a lot. But is the rest still about wanting to survive? Dave: Yes.

Nikki: Can you let it release? Dave: I think it's possible. I really don't feel that kind of pressure anymore.

Nikki: Okay, let's go back and look at it again, this is key. When you examine it, you recall the situation, and when you recall being in that situation, can you now recognize any kind of desire that was there?
Dave: I used to have it, but I think I released it.

Nikki: I think you really did let go. So that's crucial, constantly looking back at the situation. Even now, think back to that time. How do you feel about it now? How do you feel now?
Dave: It looks kind of funny now.

Nikki: So you've released it all. Would you call that a gain? Dave: Definitely a gain.

I remember a time when I wanted safety or survival Specific	What I want from him now	* release Did you?	+feeling Okay?
My wife and I were flying from Honolulu when we encountered a rather violent storm ; apparently, the plane had been struck by lightning. There was a huge explosion, and chaos erupted on board; all the passengers were thrown into… panic.	Want to control , want to survive		

*Have I fully released myself ? +How do I feel about it now ?

○ 2 Nikki: Who wants to be the next one released? Chris: I'm next.

Nikki: Okay, Chris.

Chris: Their experiences also reminded me of a lot. I thought of two situations that brought me to the brink of imminent danger. A lot of fear surfaced, and my desire to survive and be safe came rushing back. But I noticed that when they talked about his situation, it reminded me of another situation I was in. That one was more terrifying; when I actually went through that, I basically lost control, or worse, the fear was even more urgent.

That time, I was held at gunpoint because of a problem, and I chose to turn and run, turning around at an incredible speed. It was a decisive decision, a firefighter's reaction. Another situation was on the New York subway, in the wrong place, at the wrong time of night. But you know, in that situation, you could control it to some extent. The last situation was on an airplane. I was on a flight to Boston, and the cargo door light came on, indicating that the door was open.

Then the captain walked in and, very, very coldly, told everyone that the cargo door was open. I didn't think much of it . A minute later, he said we had to fly over the control tower so we could see if the door was open or if the lights were malfunctioning. Just before they did that, he went on to explain, "Well, it won't be a big problem. We have to land. The door will be ripped off, but we need the equipment." So what I remember most clearly is everyone on the plane, that feeling... it wasn't the kind of panic you see on TV, everyone was trying to hide their true feelings. It was even more so if you were flying alone like me, so I didn't really know the person sitting next to me, but I completely understood them. Everyone knew what the others were thinking, it was like the despair of not being able to do anything, and I could absolutely feel the fear, thinking about what might happen in the next ten minutes, maybe we'd crash.

Nikki: Okay, now that you've told us the details, let's release it. When you think about it now, what kind of desire do you realize?
Chris: I want to control.

Nikki: Okay, can you let go of the desire to control? It's just a desire. Chris: Yes.

Nikki: Can you touch on more of that desire? That desire for control? Chris: (Nods)

Nikki: Can you allow it to be released? Chris: Yes.

Nikki: When you look back, is there still more you wanted to control? Chris: Only a little bit left.

Nikki: Let me know when you're completely free.

Chris: When I released it, some people who wanted safety and survival were also released.

Nikki: Great. Think back to that situation, didn't that spark something more? What kind of desire was sparked, Chris?

Chris: It's definitely gotten to the point where they want to survive.

Nikki: Okay, allow yourself to become aware of it. Can you allow it to be released? Chris: It's difficult, especially when you touch upon it.

Nikki: You feel like you want to escape, right? Chris: Yes.

Nikki: See if you can touch on more of that insecure feeling, that desire to survive. Chris: It feels so much better, especially when talking about it after surviving the ordeal.

Nikki: Great, would you call that a gain? Chris: Absolutely.

Nikki: Put a few checkmarks on your name in the table and write them in your achievement book. Thank you.

I remember a time when I wanted safety or survival Specific	What I want from him now	* release Did you?	+feeling Okay?
1. With a gun pointed at me, I chose to turn around and run away. Incredible speed turnaround	Want to control		
2. In the New York subway, in the wrong place, late at night wrong time	Want to control		
3. On an airplane, I was on a flight to Boston . The cargo door light came on, indicating the door was open. The captain walked in and, very, very coldly, told everyone that the cargo door was open. I didn't think much of it. A minute later, he said we had to fly over the control tower. That way... Check if the door is open or if the light is faulty.	Want to control		

*Have I fully released myself ? +How do I feel about it now ?

○ 3 Nikki : Who wants the next one? Who wants to do the form

release? **This form is really powerful and lets you reach out to what you want and release it.** Whether it's the past or yesterday, it's all in the past, Michael.

Michael : I find it difficult. I feel great now, but when it comes to opening a door to past insecurities, I try to pick a specific example. For me, being on a plane, being held at gunpoint, or experiencing business fraud seem insignificant compared to the overall insecurities I felt as a child. So I want to release them on any day from my childhood.

Nikki: Let's do it. Can you remember a specific day from your childhood? Michael: I can.

Nikki: When you think back to that day, Michael, what desires are ignited now? Is it the desire for approval or the desire for control? Or the desire for safety, the desire to survive?

Michael: I felt hostility.

Nikki: Let's go a little deeper. Can you sense what's desired down there? Michael: Control.

Nikki: Can you let go of the desire to control? It's just a desire. Michael: **I'm trying to let go of my tension.**

Nikki: Do you want to control all the sensations there? Want to be there. Michael: I'm holding on tight.

Nikki: Okay. Can you let go of that way of trying to control, the way you try to control by clinging on? Michael: I can let go.

Nikki: Okay, let's see if there's anything else you want there? You have control over what you want there. Michael: No.

Nikki: Okay, when you think back to your childhood, what do you want now? Michael: I feel much better; I'm giving myself validation. Maybe I still want to be validated a little.

Nikki: Okay. Michael: More are coming.

Nikki: Okay, think back to a day when you were a child. Michael: Okay.

Nikki: What kind of desire is there now? Michael: Yeah, I feel like I just want to be happy.

Nikki: Okay. Is it a desire for approval, a desire for control, or a desire for security? Michael: It feels like a desire for security; I just want to feel

safe.

Nikki: Can you allow this to be released safely? Michael: Yes, I can, it left.

Nikki: Is there more to wanting to be happy, to wanting to be safe? That's what we want. Michael: Yes, I want to be happier.

Nikki: Have you ever wanted to control yourself to have more happiness? How are you feeling right now?

Michael: Great.

Nikki: Would you call this a

gain? Michael: Yes.

I remember a time when I wanted safety or survival Specific	What I want from him now	* releas e Did you?	+feeli ng Okay?
Any day during my childhood	Feeling hostility -> Wanting to control Wanting happiness -> Wanting security		

*Have I fully released myself ? +How do I feel about it now ?

Nikki: That's good. You see, when we're happy, we feel safe, and that's not even a problem. It's just something within us, and that's not a problem at all. Conversely, when we feel safe, we're happy, but when we want to feel safe, we're unhappy.

When you release, releasing your desire for security, you will also feel the same joy. Because you become more confident and more secure. So you allow joy to be there. Okay, now we're going to let our audience at home release. You continue your release, choose a specific event, and release any desires that arise right now. If you weren't aware that you wanted security or survival at that moment, that's okay, just release the desire in that moment .

For viewers at home, please find a comfortable sitting position. You may have already started releasing the form, that's okay, continue the situation you started releasing, or you can choose a new situation if you have already completed the previous situation releasing.

Focus on a specific situation where you wanted safety or survival.

When you think back to that moment, see which desire was triggered. Was it a desire for approval, a desire for control, or a desire for safety or survival? Allow yourself to become aware of your desires. Can you let them go?

Examine your inner self again. Are there any cravings still there? Can you allow them to be released? Recall that specific situation, making you aware that your craving is there, whatever it may be. Can you let it be released? Examine it again until you feel no craving at all. Can you allow yourself to release it?

Think back to that time or that event. What kind of feelings are you having now? Do you want recognition? Do you want control? Or do you want safety and survival? Can you allow it to be released? Just let it go.

Since there might still be some desires there, check again, allowing yourself to become aware of more desires present . If another desire arises, that's okay; just focus on it. Can you allow it to be released?

Let's do one last check, think about that again, and see if there's still a desire for approval, control, or security that you're clinging to. If so, can you allow it to be released? I want you to continue alone, focusing on this time, until everything is cleared up, until you feel good. You can then check the "feeling good" box and release each scenario you wrote down. Focus on them and release the desires that arise now.

(Please pause the recording and continue releasing, making sure to write down what you've gained, and continue when you're ready .)

Haier: Let's review how the desire for safety and survival resonates with the desire for recognition and control. To reiterate, the desire for safety and survival is the most fundamental desire. It is the foundation upon which all our limitations, discomforts, and problems are built.

To reiterate, we crave approval so we can feel safe and secure. If everyone loves us, we feel safe and able to survive. Then comes the desire for control; we want control, we want their approval so we feel

safe and able to survive.

As mentioned before, sometimes we give up the desire for recognition, and at those times we directly seek control for survival. In fact, you may know people who have completely abandoned the pursuit of recognition for safety; they will do this, disregarding others and using any means necessary to achieve their goals. You have all encountered such people, and you have all had such experiences, where you didn't care about others' approval, but only sought control for survival. This is the connection between them.

A crucial point is to become aware of what you want right now, and simply focus on those desires. There's no inherently better way to release any one desire; if you're aware of wanting control, allow it to be released, and similarly, if you're aware of wanting safety and survival, release that too. Furthermore, when you consistently release all three desires, you'll notice...

As you begin to feel better, you may also notice that when you release your feelings and start releasing the desire for validation and control, your inner self begins to enter a very peaceful place. You begin to feel happier, and remember to release that happiness as well .

There are several ways to release it. First, when we feel good, we often want to hold onto it. That's because we want to control that good feeling; we feel good, but we're unsure if we can maintain it, so we want to hold onto it. This, of course, causes the feeling to disappear; when you try to control the good feeling, it's gone. This is what we talked about last week—even good feelings need to be released. On the other hand, when you're feeling good, it's a good time to release it further.

To reap the greatest benefits of the release method, you need to release continuously, and to do this, you need to continue releasing even when you feel good.

There are two methods. One is to focus on something you know you still want when you feel good—it could be a current problem you're working on, or something that happened in the past. Or, when you're feeling good, whether you're sitting or standing, just let the desire enter your consciousness and then allow it to release. You don't even need to think about a specific situation; in other words, you know you still want to control something. You all know that, right? You all know you still want to control something. See that, and as long as you allow it, it will enter your consciousness, and then you can let go.

So you can allow your desires into your consciousness and release them throughout the day. This is a great way to release continuously;

you don't have to wait for the world to push you. If you wait for something to happen before releasing, something will happen. But if you're willing to release continuously, what happens is: the world stops pushing you. You increasingly feel in control of your world, increasingly in control, which is one of the goals of this course—to empower you to completely master your own world. So if you're willing to continuously release these three desires, you will begin to see it happen.

> Now we need to take a break, about 15 minutes, and then we'll start again.

(Please take a break, remember to keep releasing tension, and be sure to write down what you've learned. Continue when you're ready .)

Haier: Now let's start releasing from another table in the notebook. Open the notebook to the page that says "Eliminating Blockages." The blockage we're referring to is actually quite simple. It means that you've been wanting to do something about a specific area in your life or in your release process, but you're stuck. In other words, you always have a specific feeling about it—maybe you have a lot of anger or sadness about it. Or you have a specific problem, like a smoking addiction or being overweight. Or a specific problem in a relationship. You might be unsure if you want to maintain a relationship, or you're about to start one, but you're unsure if it's the right thing to do. Or, for example, you might have received a job offer in another city, but you don't know if you should go; you're stuck when making a decision. So, you can get stuck in any aspect of life, so releasing from that specific area can solve your blockage and allow you to move forward. That's what being stuck means. So take some time to think about a theme you want to continue releasing from, and then we'll continue.

(Please pause the recording, select a theme for the "Remove Gag" release table, and continue when you are ready .)

Subject : Working in this kind of environment

What's in it for me?	What harm would it do to me?	* release Did you?	+feeling Okay?
1. I'll move away from the office and work more at home, and I'll actually be more efficient. 2. I don't think this has any advantage, it makes me... The work is becoming more	1. When I have to go to the office, I I feel unwell, I know what happened there. 2. This is a loss.		

difficult. 3. I've already let myself leave; I feel like I 've escaped the office. I just need to be with that... Communicate with one person	3. I feel terrible.			

*Have I fully released myself ? +How do I feel about it now ?

○ 1 Haier: By the way, before we begin, I want you to know that although this page is called ″ Eliminate Stuck,″ being stuck is not a stain. It's a very powerful form that can be used for further unblocking of any topic. Does anyone have anything they'd like to unblock?

Cheryl: I'll do it.

Haier: Okay.

Cheryl: During this time we've been together here, there's one thing I can't shake off; it's everywhere. The situation in my office—different colleagues have become very hostile over the last eight or nine months. It's not what it used to be.

So, is it suitable for work? I've been avoiding this question. Or, to put it another way, I want to create a comfortable work environment.

Haier: Okay, so what is the theme you wrote down?
Cheryl: Office rivalry.

Haier: That's a bit...you might think...you can do this, there are many ways to handle it. You list the pros and cons of staying in the office, then list the pros and cons of leaving. Then deal directly with the problem itself, the pros and cons of the problem itself.
Cheryl: I'm dealing with this issue, and I feel things will change. I don't want to leave right now.

Haier: You see the problem like this: **if you say you're dealing with it, it becomes difficult to truly understand the issue**. You know what I'm saying, you have to focus more on the problem itself.
Cheryl: The problem is the interaction between people at work, the interaction between office colleagues.

Haier: Do you know what you can do? It's very simple, you can explore both the advantages and disadvantages of "just working in this kind of environment." How about doing that?
Cheryl: That's good.

Haier: Then write it down.
Cheryl: " Working in this kind of environment"

Haier: By the way, this kind of practice is good for any topic **because when we get stuck, letting things stay as they are**, and if you start considering the advantages and disadvantages of that state, it's a way of taking on more responsibility. It's a way of starting and releasing. What are the advantages of working in such a work environment?
Cheryl: I work away from the office and spend more time working from home, and I'm actually more productive.

Haier: Is this a desire for recognition, control, or survival?

Cheryl: Wants to control.

Haier: I will calm down and let you release yourself.

Cheryl: Okay. Alright, I feel great now.

Haier: What are the disadvantages of having an office like that for you?

Cheryl: When I have to go to the office, I feel uncomfortable, and I know what's going on there.

Haier: Did that trigger your desire for recognition, control, or survival?

Cheryl: Actually, I think it's about wanting to be recognized. At first, it's about wanting control, but if you delve deeper, you realize it's really about wanting to be accepted.

Haier: Okay, allow yourself to realize your desire for recognition. Release it when you're ready. Okay, you're still holding onto some things; can you allow the remaining desires to be released?

Cheryl: I feel like I'm trying to grab it.

Haier: Is it stuck?

Cheryl: I'm free.

Haier: Released? How are you feeling now?

Cheryl: Much better.

Haier: Okay, check both boxes.

Cheryl : Sometimes I feel like I'm releasing too quickly, and I wonder if I'm doing it right. Well, I think I am.

Haier: Now let's see if what's emerging is a desire for recognition or a desire for control?

Cheryl: Initially, I wanted to control it.

Haier: Okay, now can you realize that you want to control it?

Cheryl: Hmm.

Haier: Can you make him leave?

Cheryl: No.

Haier: Now you've released them all.

Cheryl: (Nods)

Haier: Before we continue, I'd like to explain this table to everyone here, and to those watching at home. First, you'll see that we start by releasing the benefits. Then we release the drawbacks; this isn't about making two separate lists. You release the benefits first, then the

drawbacks. The reason for this is that each benefit and drawback, when combined, forms a layer of feeling. Each topic has a layer of want. If you release both the benefits and drawbacks, you release the entire layer of want. I'll continue explaining as we go through this process. Remember, you can start releasing with us at home too.

Haier: What benefits does that kind of work environment bring you?
Cheryl: I don't see any benefit. I think it makes my job more difficult.

Haier: Okay, just write it below. **I don't think it offers any advantage; it just makes my job more difficult**. Please

Remember, this is not an intellectual contest. There are no right or wrong answers in any of the columns. Does this ignite your desire for approval or your need for control?

Cheryl: I want recognition. I don't think I should do that.

Haier: Did you let it leave?

Cheryl: Let me see. Yes, I feel much better.

Haier: Very good, two checkmarks. So what are the disadvantages of this kind of work environment for you?

Cheryl: It's a loss because this used to be a great workplace, but it isn't anymore.

Haier: Okay, write ″ **This is a loss**.″ See what it evokes: a desire for recognition, control, or security ?

Cheryl: My first instinct is to feel safe.

Haier: Okay, allow yourself to be more aware of this desire for security.

Cheryl: Releasing this is difficult for me.

Haier: Do you want to control it?

Cheryl: Yes.

Haier: Did you just release it?

Cheryl: Yes, it's been released.

Haier: When you realize you want security or something else, but can't release it, you can always go back to releasing the desire for control, and then you'll be able to release it. Let's release it again, and then you can continue on your own. What are the benefits of this kind of office environment for you?

Cheryl: **I've already let myself leave. I feel like I've detached myself from the office. I just need to be with someone there.**

communication skills are an advantage.

Haier: Okay, write it down.
Cheryl: I don't need to deal with it.

Haier: You really don't need to deal with it.
Cheryl: This is about wanting to control.

Haier: It's the same this time. I'll let you release it yourself, but I won't... Did you release it?

Cheryl: I think there are still some that haven't been released.

Haier: You've held something back?

Cheryl: I think so. It doesn't want to leave.

Haier: So there's a slight bottleneck.

Cheryl: Hmm.

Haier: Do you want to control this situation?

Cheryl: Yes, okay, I've let it go.

Haier: See? It's like an escape release spell. Whatever you're going through, as long as you release your desire to control it, it disappears.

Cheryl: It works very well.

Haier: That's true. So what's the downside for you? Your office environment has become like this.

Cheryl: This makes me feel terrible.

Haier: Feeling terrible?

Cheryl: It feels like I've gone back to where I was before.

Haier: It makes you feel terrible. If it's similar, that's okay too; just write it down if it appears. Okay, what kind of desire does this evoke?

Edited by:

Omi;

Compiled

by:

Zhenyi;

Proofread

by:

Fengqing

Headquarters: Live in the moment

Original Sedona Release Method 1992 Teaching Video 8

Debra (graduated in 1991):

"Personally, my biggest takeaway is that I've stopped procrastinating. I've been in the course for eight weeks now, and I wanted to lose 15 pounds, and I did—I lost weight. I wanted to join a gym, and I did. I've been working out consistently, and I feel fantastic. I was terrified of a certain business course, but I overcame that fear, went, and got financially rewarded. Now, when I want to call my mom, it's no longer a problem; I call her. I do everything I want to do. My tea time is set for tomorrow at 9:20 AM . Those obstacles to action—when you get rid of those obstacles, you can do it . That's one takeaway; when you get rid of all the clutter in your path, the rest of the takeaways follow. These past two months have been amazing, incredible!"

Release Method Part Two Lesson Eight

Haier: "Before we continue with the next exercise, let's review what we've accomplished so far. Take out your emotion chart and review what we've been covering up before releasing it. Review our progress so far. We've come a long way; we started by simply identifying how we felt at the time, tracing it back to the root of the emotion: despair, sorrow, fear, greed, anger, and pride, even to later fearlessness, acceptance, and peace. As you can see, when you let go of a large category of emotion, you are letting go of everything beneath it. Then, in yesterday and the following few recordings..." In the previous section, we focused on releasing the desire for approval and

the desire for control. Then we discovered that the desire for approval and the desire for control are the foundation of all feelings. So every time you let go of even a little bit of the desire for approval or control, you are letting go of everything beneath it. Now we add the desire for security or the desire to survive, which is the root of everything. If you let go of all the desires for security or survival, you will be completely at peace. So if you can take a moment to write on the chart: "Want security, want to survive (already filled in in the Chinese version), " write it above "Want approval, want to control," and below "Complete peace," this will remind you that this is the root of all these feelings.

(Pause recording and fill in "Want to be safe and secure, want to survive" in the mood chart. Continue when you are ready .)

Haier: "Let's take a step back. Some of you might be wondering how we came up with these ideas. We don't use much thinking in our courses because thinking inevitably stems from underlying emotions. Every single feeling, even the smallest one, is sometimes composed of hundreds or thousands of thoughts. So whenever you release—the desire to be recognized, controlled, or to survive—you not only release the underlying emotion, but you also release all the millions of thoughts beneath it. Many of you have probably noticed that when you release, your mind becomes much quieter, and you don't have to do anything special for it. This is also why we don't encourage people to engage in positive thinking."

There's nothing wrong with positive thinking; it's certainly much better than negative thinking. But I think you've realized that if you stay at the bottom of your emotional ladder, you're bound to get into trouble. But if you're willing to release your three major desires, your thinking will automatically become more positive, and you'll see dramatic results in your life.

Let's move on to the next release table exercise. Turn to the page "Recognize Your Desires for Approval, Control, and Security," which should be the next page in your workbook. This table is interesting because its purpose is to help you see your desires for approval, control, and survival at work. Once you identify your desires, releasing them becomes increasingly easier. If you can't see them, it's difficult to let go. But once you recognize your desires, you can begin to release them. So I hope you take a moment to list the ways you seek approval, try to control, and seek security. Once you've completed the table, we'll begin.

I seek recognition in the following ways:	* release Did you?	+ feelin g Okay?	I seek recognition in the following ways:	* releas e Did you?	+ feelin g Okay?
The way I'm trying to control it:			The way I'm trying to control it:		
I seek a safe approach:			I seek a safe approach:		

*Have I fully released myself ? +How do I feel about it now ?

(Please pause the recording and write down how you seek approval, try to control, and seek safety. Continue when you are ready.)

Haier: "Before we begin, I just want to remind you that whatever you write on the form is fine. Just because you wrote it down doesn't mean you have to stop. One way most of us seek recognition is by giving gifts, and that doesn't mean you have to stop giving gifts. It just means that when you're about to give a gift, check what kind of desire it will evoke. If you release that desire first, maybe you'll give a different gift, or maybe you'll just not give anything at all. Some of the people on your gift list, you might not want to give them anything, but you just want their approval. You've been giving them gifts every year, so maybe this will save you some money. (Laughs)"

So you'll find that when you start to let go of the desire for approval and control, it doesn't necessarily mean you have to change your behavior. You're just freeing yourself from the habit of compulsively doing things, so you have more choices.

Who wants to go first? We'll all have our turn in a little while.

○ 1 Haier: Would you like to come?

Cheryl : Yes. My way of seeking approval is by being nice to others.

Haier: Is this an attempt to curry favor?

Cheryl : I think I have to be very friendly.

Haier: Many people think so. Okay , so what kind of desire is it triggering? The desire to be recognized? I'll calm down and let you release it.

Cheryl: OK

Haier: What methods are you trying to control?

Cheryl : If someone calls me from the station, it infuriates me. Then I think of it as a way to try and get them to accept my ideas.

Haier: Does this topic trigger your desire for control?

Cheryl : Yes.

Haier: Have you released it?
Cheryl : Yes, that's stupid, it's pointless.

Haier: Nobody said that doing this is useful.
Cheryl : Next?

Haier: Yes.
Cheryl : Uh, put the money in the bank.

Haier: This is one way you try to gain security.
Cheryl : Yes, it's safe.

Haier: Okay, when you talk about it, can you feel the desire for security?
Cheryl : Yes... some have already left.

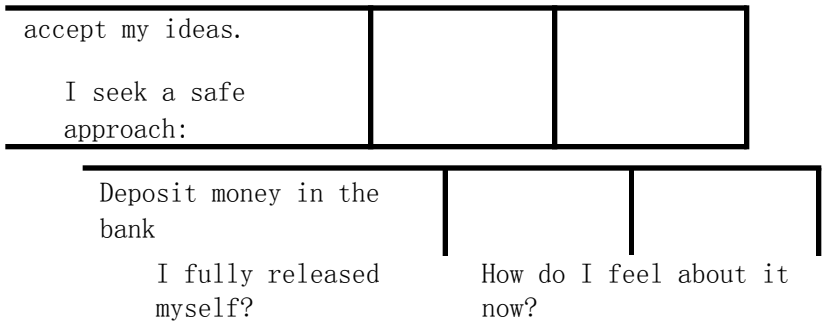
Haier: Are you still holding onto some things?
Cheryl : Yes.

Haier: Do you want to control your security?
Cheryl : Yes.

Haier: That's it. Have you released it?
Cheryl : I'm free.

Haier: Give yourself a few checkmarks.
Cheryl : Thank you!

I seek recognition in the following ways:	it been released?	How are you feeling?
Showing goodwill The way I'm trying to control it:		
If someone calls me from the station, it infuriates me. Then I think of it as a way to try and get them to		



○ 2 Haier: Who wants to be the next one?

Rodney : I want it. (Rodney)

Haier: Starting from the first

Rodney : Like Cheryl , I also gain recognition by being friendly.

Haier: Okay.

Rodney : The second one I filled in was "tax payment", which was done through tax payment.

Haier: Gaining recognition through taxation?

Rodney : That way the tax office will process my tax return.

Haier: Okay. Many people do this to seek security.

Rodney : Yes.

Haier: When you mention them, can you identify what kind of desire they evoke in you?

Rodney : Probably both; the desire for recognition.

Haier: Wants to be recognized?

Rodney : That's right.

Haier: Okay, I'll keep quiet and let you release yourself.

Rodney : Okay.

Haier: What about control?

Rodney : I do my best to achieve the results I desire. Sometimes I try too hard, I overdo it . I expend more energy than I actually

need.

Haier: Okay, can you realize that you want to control things right now?

Rodney : Yes, it's like a habit in my personality that I need to get rid of.

Haier: Okay, now that you're aware of your current desire for control, have you let go of it?

Rodney : Most of them have been released.

Haier: You're still holding back a little?

Rodney : There's one more thing I haven't added.

Haier: Is it because you want more control?

Rodney : Yes.

Haier: Did you let it leave?

Rodney : Released

Haier: Great, fantastic! Want safety?

Rodney : Saving money is also a way to seek security.

Haier: Saving costs?

Rodney : I put personal security taxes in the bottom column and income taxes in the top column.
(laugh)

Haier: Are you aware that you want security?

Rodney : Yes. (Releases in silence.) It feels good, and for me, it's easier to release than the middle one.

I seek recognition in the following ways:	it been released?	How are you feeling?
friendly Tax The way I'm trying to control it:		
I do my best to achieve the results I desire. Sometimes I try too hard ; I overdo it. I expend more energy than I actually need. I seek a safe approach:		
Save money		

*Have I fully released myself ? +How do I feel about it now ?

○ 3 Haier: Great, who's next? Michael, let's start with the way you seek

recognition.

Michael : I get paid because I want recognition.

Haier: Are you releasing it?

Michael : Yes.

Haier: As you can see, there may be more than one desire behind doing something; sometimes, this thing may fill three desires.

Michael : I feel fine about it now.

Haier: Okay , so what about control? What methods do you describe for gaining control?

Michael : Through thinking and analysis.

Haier: Through thinking and analysis? That's what most of us would do.

Michael : It's about wanting recognition and also wanting control.

Haier: OK , did you let them leave?

Michael : Yes, they left because they wanted recognition, and they left because they wanted control.

Haier: Check both boxes.

Okay , so how do you seek safety?

Michael : Through hugging and being hugged.

-- OK

--This feels great. (Laughs)

Haier: Which one gives you a good feeling? Is it an embrace or a release?

Michael : It felt good in both ways. I wanted to hug him, but then I got stuck. (laughs)

Haier: Have you released what you want safely?

Michael : It feels

great. Haier: Okay,

okay.

I seek recognition in the following ways:	it been released?	How are you feeling?
Earn salary The way I'm trying to control it:		

Through thinking and analysis. I seek a safe approach:		
Through hugging and being hugged		

*Have I fully released myself ? +How do I feel about it now ?

○ 4 Haier: Who wants to be next? Mary, let's start with control.

Mary : The one at the top is for approval.

Haier: Then we'll start by being recognized and stop being special.

Mary : Cooking for others, seeking their approval. I think I've freed myself.

Haier: Great, but what about control?

Mary : Wear special clothes to get the client's approval.

Haier: Making deals through clothing. (Laughs)

Mary : My boyfriend always points this out to me, and I've done it more than once to get their approval .

Haier: Are you aware of your desire for control?

Mary: Yes.

Haier: I think you've already released it?

Mary : Yes.

Haier: Okay , so what about wanting security?

Mary : I set up an alarm system at home every time I go out; it gives me a sense of security. I can't let go of that desire.

Haier: Remember, this isn't about abandoning the operation; there's nothing wrong with the operation itself. Let's tell an interesting story, though it might inspire more people to want security. If you pay attention, you'll notice that when one theft occurs in an area , suddenly a series of thefts follow. It's not that all the criminals gather together to say: "Hey, let's loot this area. It has nothing to do with that. One person gets robbed, and the other neighbors' desire for security is triggered. They think: Oh, I hope this doesn't happen to me. What's the picture in their minds? This is going to happen to them."

Mary : There have been two thefts at my place.

Haier: So every time you turn on the alarm, if you don't release it, you're clinging to the security you want. You expect the alarm to protect your home from burglaries, so there's nothing wrong with turning on the alarm every time. But if you release it every time, it will make your house safer than any other alarm.

Mary : I'll still turn on the alarm, just in case. (Laughs)

Haier: I think you still want security. Didn't you hear what I just said? Forget about the action, just go and release.

Mary : Okay.

Haier: Have you released your desire for security?

Mary : Released.

Haier: Continuous release, so that it releases whenever you set an alarm for safety, okay? Mary : Okay!

I seek recognition in the following ways:	it been released?	How are you feeling?
Cooking for others The way I'm trying to control it:		
Wear special clothes to get the client's approval. I seek a safe approach:		
I set up an alarm system at home every time I go out.		

*Have I fully released myself ? +How do I feel about it now ?

○ 5 Haier: Who's next?

Chris : I'll give you my example, some of which are the same as theirs. It seems that the international language for gaining recognition is money, so I buy things for others to gain that recognition.

Haier: Buying things for others is good.

Chris : It was easy to let go because we had discussed it at lunchtime, and when David bought me lunch , I gave him all the approval he needed. (Laughs)

Haier: So this trick can be useful sometimes.

Chris : That's funny, I'll tick it off. (laughs)

Haier: What about control?

Chris : In terms of control, I manipulate people entirely through reason, which is my weakness, but ...

Haier: Wait, you haven't released it yet.

Chris : I have absolutely done that to my former colleagues.

Haier: Right now, let's release it now.
Chris : Okay.

Haier: Just allow yourself to be aware of what you want to control.
Chris : I've already released it.

Haier: Is there more?
Chris : Yes, there are still quite a few there.

Haier: Then let all those who want control there be released.
Chris : I feel much better now that I'm free.

Haier: What if you want safety?
Chris : I find that my most common practice is to isolate myself, like going home, so I can get away from all the people I want approval from, or just from other people, which makes me feel safer. I can detach myself from all the uncertain external risks.

Haier: Yes, for many people, wanting to be safe means staying away from populated areas, especially in today's society. Can you allow yourself to just be aware that you want to be safe?
Chris : Of course you can. Okay, I released it too.

Haier: That's fantastic.

I seek recognition in the following ways:	it been released?	How are you feeling?
Buying things for others The way I'm trying to control it:		
Manipulating people rationally I seek a safe approach:		

Isolate yourself. Separate yourself from all uncertain external risks.		

*Have I fully released myself ? +How do I feel about it now ?

○ 6 Haier: Who else wants to be released? David.

Dave : To gain recognition, I'll voluntarily do things or give things away. I think that's how I seek recognition most of the time , like buying someone lunch, yes, that's it. Because if I wanted to be in control, I might…

Haier: Wait, I think you'd better let go of this first. You want to hold on to it, you want a lot of validation . Let me reiterate, there's nothing wrong with taking action, but when you're completely free, you have a choice. Sometimes your voluntariness comes from free choice, and you'll feel good. But now, I guess after some voluntary action, you'll be incredulous that you actually did it voluntarily. Why didn't I know I shouldn't have done that? So go back and look at it, make yourself aware of your desire for validation. Remember, this doesn't mean you can't act voluntarily in the future; you can still do it if you still want to.

Dave : Okay. I touched that feeling, and I released it.

Haier: What if you want to control it?

Dave : I wanted to be in control. For example, Chris just thought I was seeking validation by treating him, and I really wanted to manipulate people at that moment. Because I was trying to control him, because there were things I wanted him to do for me, so by treating him, I could gain control.

Haier: Did you write down your manipulation of others?

Dave : I wrote ″ **manipulating others in an attempt to control them.** ″
I'm embarrassed to say it, but it's true.

Haier: What kind of desire does this inspire? The desire for recognition, or the desire for control?

Dave : control.

Haier: Have you released it?

Dave : Yes, I released it.

Haier: So, what if you want security? How do you seek security?

Dave : Actually, I think work gives me a sense of security. When I'm working, I feel financially free.

Haier: Okay , so you realize you want security right now?

Dave : Hmm, I think I've released it.

Haier: Very good, great.

Dave : It feels good, thank you.

I seek recognition in the following ways:	it been released?	How are you feeling?
Voluntarily do something or give something (e.g., treat someone to lunch). The way I'm trying to control it:		
Manipulating others in an attempt to control them . I seek a safe approach:		
My job gives me a sense of security. When I'm working , I feel financially free.		

*Have I fully released myself ? +How do I feel about it now ?

○ 7 Haier: Don't be shy, who else wants to come?

Terry : I haven't arrived yet.

Haier: You're the only one left.

Terry : I'm left behind.

Haier: Does this mean you want to let go? Okay, let's start from the top, what are your ways of seeking recognition? So what is one way you seek recognition?

Terry : I have many ways.

Haier: Choose the one you like best.

Terry : My favorite way is **to be perfect**. I love that.

Haier: It's great that you like this; it's a very popular approach.

Terry : Yes, many people choose to do that.

Haier: Are you aware that you want to be recognized?

Terry : Yes.

Haier: Did you let it leave?

Terry : Hmm

Haier: Are there still some left?

Terry : I think I've also released the feeling I wanted to release.

Haier: That's the feeling of wanting to control.

Terry : Yes, to control the feeling of release.

Haier: Okay , so how do you want to control it? How do you plan to control it?

Terry: I correct others.

Haier: Correcting others? They make mistakes.

Terry: **Correcting others, telling them they're imperfect. I need them to know they're imperfect, and I'm perfect .**

Haier: Are you releasing what you want to control?

Terry : Yes, when I was making this list, I knew I was going to get better.

Haier: I would absolutely advise you to keep going, no matter what you've written so far, keep going, because it's truly eye-opening and can 帮really help you eliminate a lot of your desire for recognition , control , and security .

Terry : Yes.

Haier: What if you want safety?

Terry : Speaking of which, one way I seek security, one of the ways that makes me feel safe , is confusion. It keeps me from making mistakes.

Haier: That's right, leaving yourself in confusion.

Terry : I stay confused so I don't have to make a decision. I keep analyzing.

Haier: Let me emphasize that this is actually very common, but many people hide it. So it's just about making yourself aware of your desire for security.

Terry: Yes. Okay.

Haier: Have you released it?

Terry : Yes.

Haier: Have you let go of everything?

Terry : No.

Haier: I think so too.
Terry : I have to let it go.

Haier: There's no need for that. You can hold them for as long as you want.
Terry : I'm free, but I'm still alive.

Haier: You can still choose to be confused.
Terry : Hmm.

Haier: But have you noticed that you often automatically fall into a state of confusion that you can't even get out of because it runs automatically? You have no choice about it.
Terry : I don't consciously choose to be confused. But I do it subconsciously, and in a way , it brings a sense of security.

Haier: It seems safe to do so.
Terry : Yes.

Haier: I don't know how much sense of security confusion brings, but it seems to bring security.
Terry : That's why I want to let go.

Haier: Okay, make yourself aware of your desire for security.
Terry : It's hard to grasp this feeling.

Haier: You want to control it?
Terry : Yes.

Haier: Can you make it leave?
Terry : I think they added just a tiny bit.

Haier: A little bit? That's okay, this is a more complex question for you.
Terry : Now I want to be recognized.

Haier: When you express yourself, do you want to be recognized? Or is it the usual kind of recognition you want?
Terry : I received your approval when I was released.

Haier: Okay, can you allow it to be released?

Terry : Yes.

Haier: Have you released it?

Terry : Yes.

Haier: How are you feeling now?

Terry : Yeah, I think I need to release some tension. I feel better, but still a bit...

Haier: You can continue to release it yourself, it's okay. You might as well continue to release it yourself, and I'll help 帮you get rid of it later. Will you?

Terry : Yes. I have to release him, you know what I mean, thank you.

Haier: Very good. Anyone else want to let loose? Or I can let you all let loose on your own. When I guide the audience to let loose, you can continue to let loose along with them.

I seek recognition in the following ways:	it been released?	How are you feeling?
To achieve perfection The way I'm trying to control it:		
Correcting others is pointless; they are imperfect. I need them to know that they are not perfect . Beauty, I am perfect. I seek a safe approach:		
I remain confused so I don't have to Make a decision. I'll continue with the analysis.		

*Have I fully released myself ? +How do I feel about it now ?

(Facing the audience)

Haier: Now let's release that desire together. Start with how you

seek validation. Focus on that. Allow yourself to realize which desire is being triggered right now when you focus? Is it a desire for validation? A desire for control? Or a desire for security? Allow yourself to release it; I know you can do it.

Okay, let's examine the same project again, the way you seek validation, and see if there's still more that you want to be aroused. Whatever that desire, can you allow it to be released?

Okay, now think of a way you're trying to control. Whatever you focus on wanting, just allow that want to enter your consciousness, whether it's wanting approval, wanting control, or wanting security. When it...

Enter your consciousness and see if you can maintain release from it. Sometimes it appears in the form of waves, so when each wave comes out, just let yourself go.

Now, focus on this again, just to examine whether there's a greater desire for validation, control, and security present right now. When you realize this, are you able to allow it to be released?

Okay, now let's look at how you seek safety or survival. As you focus on this item , see which desire is being triggered: a desire for safety, a desire for validation, or a desire for control. To reiterate, you can pause at any time to allow yourself to release these desires. Focus again on this item: how you seek safety or survival. Think about whether you can let that urge to enter your consciousness, and then easily allow it to be released. Now I suggest you continue to release it yourself.

It takes you as long as it takes to complete this form, and you can always go back to it and add what you need. Ah, this is how I try to control things, this is how I seek approval, and then I write it down and release it. Keeping a record is good because it helps you clearly see when you want approval, when you want control, when you want security, or when you want to survive.

(Please pause the recording and resume the release. Make sure you write down what you've learned, and continue when you're ready.)

Nikki : "Now we're going to release the next form. Turn to the page that says ' happiness .' What we're all looking for is happiness; it's something we all have in common, we all essentially want happiness. The

truth is, we often look for happiness in the wrong places. We don't know why we're disappointed."

What we need to do on this worksheet is to see what you need to be happy. On the other hand, what do you need to avoid to be happy? Explore those related desires and then release them .

I'd like to give you some time to write down what you need for happiness, and what you need to avoid for happiness. Take some time to do this.

What do I need to be happy?	* release Already Right?	+ feeling good Right?	What do I need to avoid to be happy ?	* release Already Right?	+ feeling good Right?

*Have I fully released myself ?　　+How do I feel about it now ?

(Please pause the recording. Write down what you need to do to be happy, and what you need to avoid.)

“Continue when you are ready. Now let’s release this form together. Viewers at home, release along with others as you watch them release. Focus on what you discover for yourself, and then release what you want .”

○ 1 Nikki : Who wants to be first? Let’s see what you wrote.

Michael, what do you need to make yourself happy?
Michael : I need time to make myself happy.

Nikki : Okay, what kind of desire do
you have when you think about this?
Michael : Control.

Nikki : I’ll give you some time to process things,
Michael. Michael : Okay.

Nikki : Great. What do you need to avoid
for happiness? Michael : Traffic jams.

Nikki : So what did
that trigger? Michael

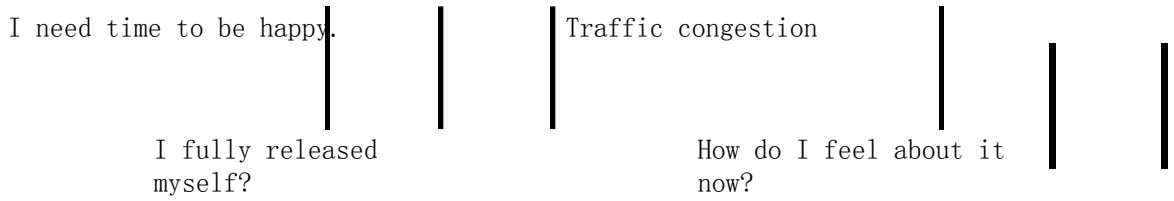
: Control.

Nikki : Okay,

Michael : This is great, and it feels great.

Nikki : Now I'll let you continue to release the items on your list. Check off a few items for yourself.

What do I need to be happy?	* release Already Right?	+ feeling good Right?	What do I need to avoid to be happy?	* release Did you?	+ feeling Okay?



○ 2 Nikki : Who's next?

Rodney. Rodney : Yes.

Nikki : What do you need to be happy? Rodney : To do what I want to do.

Nikki : Okay. What kind of desire does this relate to? The desire for approval or...? Rodney : Control.

Nikki : Okay.

Rodney : I'm sure.

Nikki : Allow yourself to focus on this. I will let you release yourself. Rodney: (Release complete, nods.)

Nikki : Good. On the other hand, what do

you need to avoid? Rodney : Death.

Nikki : Okay, which one needs to be activated? Rodney : Part of it is safety.

Nikki : Okay, allow yourself to be aware of your desire for safety. Rodney : Feels better than before.

Nikki : Okay, I'd like to explain, especially the first one. What do you need to be happy? It's not that you shouldn't have those things anymore; it's just releasing the desires associated with them. You should have things; they're wonderful. What we're releasing is just the desires that are aroused and conflict with the desire to possess, okay?

Rodney : Okay, thank you.

What do I need to be happy?	* release Already Right?	+ Feeling good Right?	What do I need to avoid to be happy?	* release Did you?	+ feeling Okay?
Do what I want to do			die		

*我完全释放了吗？ +我现在对它的感觉好吗？

○ 3 Nikki : Who's next? David. What do you need to make yourself happy? Dave : Good interpersonal relationships.

Nikki : Okay. Now, which type wants to be there? Dave : control.

Nikki : Okay. Dave : I have already released him.

Nikki : Great, what do you need to avoid for the sake of happiness? Dave : It's clearly a problem with interpersonal relationships. I think financial insecurity is a big problem in every aspect .

Nikki : Okay, so what kind of desire lies beneath this? Is it the desire for recognition, control, safety, or survival? Dave : Safety.

Nikki : Okay.
Dave : Yeah, I'm free.

Nikki : Very good.
Dave : Releasing it is getting easier each time.

Nikki : Yes, that's really true. Okay, give yourself a few checkmarks. Dave : Thank you.

Nikki : Keep releasing the table as long as there are still items on it.

What do I need to be happy?	* release Already	+ Feeling good Right?	What do I need to avoid to be happy?	* release Did you?	+ feeling Okay?

	Right?				
Good interpersonal relationships			1. Poor interpersonal relationships 2. Financial indecisiveness		

*Have I fully released myself ? +How do I feel about it now ?

○ 4 Nikki : Who wants to go next? Cheryl : I'll go.

Nikki : What do you need to be happy? Cheryl : I need to be free.

Nikki : Okay, what kind of desire is associated with that? Cheryl : I want control.

Nikki : Okay, are you released? Cheryl : Yes, I'm released.

Nikki : On the other hand, what should we avoid in order to be happy? Cheryl : Having no money.

Nikki : Okay, what kind of desire does this inspire? Cheryl : I think it's safe. It felt like it was just beginning, and then "bang," it was everywhere .

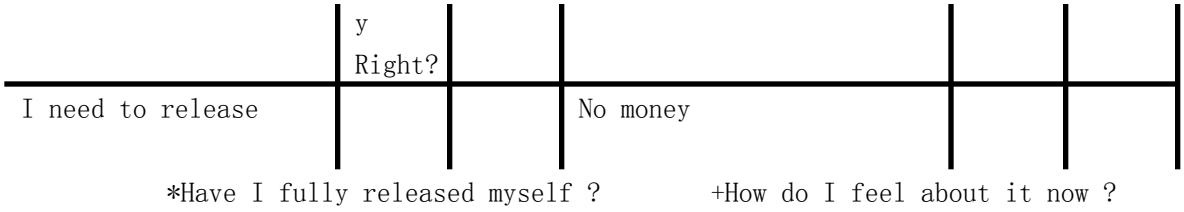
Nikki : Do you want to control your security? Cheryl : Yes. (Nods, indicating she has been released)

Nikki : Go back and check if there's anything else you want to be safe with? Cheryl : I feel like I'm still releasing, it feels really good.

Nikki : You just released? Cheryl : Yes.

Nikki : Great! Thank you!

What do I need to be happy?	* release Already	+ Feeling good Right?	What do I need to avoid to be happy?	* release Did you?	+ feeling Okay?



○ 5 Nikki : Next?

Chris : I have some things I want to release. "What do I need to be happy?" The first thing I wrote down was: self- identity. The moment I wrote that down, I released identity; I had released it. Also… regarding avoidance, I wrote: any conflict in personal or work relationships.

Nikki : What kind of desire does this inspire? Chris : Control.

Nikki : Yes.
Chris : I can release it now.

Nikki : Great. Thank you!
Chris : Thank you!

What do I need to be happy?	* release Already Right?	+ Feeling good Right?	What do I need to avoid to be happy?	* release Did you?	+ feeling Okay?
Self-identity			Any conflict in personal or work relationships		

*Have I fully released myself ? +How do I feel about it now ?

○ 6 Nikki : Who's next?

Terry: "What do I need to be happy?" I need independence.

Nikki: Oh, okay.
Terry : All Together (together), I think that's safe.

Nikki : Allow yourself to realize that. Hmm. Can you get him to leave? Terry : Yes.

Nikki : Okay. What do you need to avoid for happiness? Terry : In this regard, I think I should avoid people who are alcoholics or drug addicts.

Nikki : What kind of need does this trigger? Terry : I feel control, that's what I feel.

Nikki : I'll give you some time to allow it to be released. Terry : After I released myself, I felt a desire to live.

Nikki : Okay,
Terry : There are many there.

Nikki : Okay, allow yourself to realize your desire to survive. Can you let it go?

Terry : Yes.

Nikki : Great, how are you feeling now? Terry : I feel better than before.

Nikki : Give yourself a few checkmarks.

What do I need to be happy?	* release Already Right?	+ Feeling good Right?	What do I need to avoid to be happy?	* release Did you?	+ feeling Okay?
I need independence			Avoid people who abuse alcohol or drugs.		

*Have I fully released myself ? +How do I feel about it now ?

Niki : " It's very important that as you release your desires, you become happier. So when you let them go, you'll always be happy. And another thing, which I've mentioned before, is that we do have a tendency to seek happiness in someone or something, like work and making money. The truth is, happiness isn't really there. It's not that you shouldn't have these things, but true happiness is actually within you; it's always been inside. As you release, you stop hiding your happiness; you let it surface."

Your inherent happiness is masked by negativity and desires. When you release them, happiness will increasingly manifest. Seek happiness within yourself. We think happiness is outside, but it's actually right here. So if you begin to see and recognize this inner state, you will progress quite quickly and possess all the good things in life.

Okay, now let's release this together with our viewers at home.

As I release the energy with my audience at home, continue writing your list of things you need for happiness and things you need to avoid.

(To the audience)

Choose one option from "What do you need for happiness?"

What do you think you need? What kind of desire is associated with this item you wrote down? Is it a desire for recognition, a desire for control, or a desire for survival and security? Now that you've realized it, I'll quiet down and let you release it yourself.

Check if there's anything else

wanting to be there. Have you

released it?

Now go to the other side and write, "What do you need to avoid for happiness?" Just allow yourself to become aware of the desires associated with it. Just allow yourself to let go.

Let's choose another topic: "What else do you need for happiness?" Whatever it is, just make yourself aware of what you want there. Simply allow yourself to let go.

Now, on the other hand, choose another item from "What do you need to avoid for happiness," and allow yourself to become aware of what you want there. I'll be quiet for a while, allowing you to release yourself.

Now, please continue releasing on your own. You don't really need me to guide you with questions. You can let that desire enter your consciousness and allow it to be released. Asking yourself questions isn't necessary; just focus on the current desire and release it. Keep releasing until you've completed the list, " What you need for happiness and what you need to avoid," until you feel good.

So take your time to do it. Once you've finished releasing this list, take a break. Then continue releasing.

(Please pause the recording and resume playback, making sure you write down what you've learned. Continue when you're ready.)

Mary (sharing): "When I first started using the Release Method, I was confused during the first week; I really didn't understand. I wasn't touching many of my feelings, and I didn't want to feel them. When they introduced the desire for control and the desire for validation, it confused me even more. But I kept using the Release Method; I released small things, and I also looked forward to releasing the big problems in my life. I noticed some amazing things happening. A week after I attended the course, between two weekends, I did several business deals, some..."

Something unexpected happened; I never imagined it. But it just happened. I thought I wouldn't be able to release it yet, but clearly, I already am, and I will continue to release it. By the second week, I understood much better , and my understanding was much clearer.

(Please pause the recording and take a break, remembering to keep releasing. Make sure you write down what you've learned, and continue when you're ready.)

Rick (1989 graduate) : "The biggest benefit I've gained from this is in my role as a father. I have five children, and raising children has been the biggest challenge of my life, harder than doing business or anything else. I've found that by freeing myself, I'm able to be very supportive and loving towards my children while still giving them the discipline they need. So this has allowed me to really find a balance as a parent, while also preventing my life from being consumed by raising children, and I can still do so many other things."

Nikki : "What we're doing now is asking you to write down what you've learned. There's a page in your books that says 'What You've Learned' at the beginning. Our course is almost over, and I want to give you a chance to write down what you've learned. Let's take a little time here. I'll give you some time to do this. It can be a small lesson, a big lesson, or just a general lesson—what you've learned from the course so far. For those of you watching at home, I hope you'll also write down what you've learned. Take a moment. If necessary, you can also use your lesson plan book to recall some memories and write down a few of your takeaways."

There are several reasons for doing this. One is to verify your

progress. Another is that we hope you will mail us your findings; we want to know how well you're releasing and what you've gained from the course. Also, once we receive your findings form, you're considered to have graduated and completed the course. You'll automatically receive our newsletters and updates on our organization's activities. We'll also be notifying you of graduation parties from time to time. So, it's important to send us your findings so you can receive our messages smoothly. If anyone else took the release course with you , they can also send their findings forms so they can receive our messages too. Okay, so take some time to complete your findings forms. Remember to mail them to us."

(Write down what you've learned and what you've gained. Once you've finished this recording, please mail it to us as soon as possible. When you're ready , please continue .) (48 minutes and 01 seconds)

Haier: As you can see, we've accomplished quite a bit so far. There are still a few things I'd like to do with everyone here and those at home, but before that, I have a few things to remind you about, specifically the workbooks for specific areas of interest. First, please complete that workbook during the first part of the course. You can also complete the other two workbooks if you wish. The use of the workbooks (worksheets) is throughout the course. But at the beginning last week, we were releasing emotions. You don't need to go back to using the workbooks to release emotions; you just need to focus on releasing the three major desires now, using these forms to stimulate your three major desires, and then releasing them.

Turn to the page in your workbook that says "Six Steps." It's the page after the "Results" page. The six steps are the sum of everything we've done so far. We've only introduced them now because they've only been sentences so far. But all the tables cover the six steps from different perspectives.

The first step of the six steps is: you must desire tranquility more than you desire approval, control, and security. If you don't desire tranquility, you won't be liberated. It's this desire for tranquility that keeps you here for four days or completing eight tapes. This is why many people come to the class.

We're already on TV, in radio ads, and even on flagpoles. The Liberation Method has been disseminated, but only a small percentage of

people have actually made the decision to achieve freedom. You are a special group—those in class and those at home. You are special because you genuinely crave that tranquility. Not just wanting it, but especially the three great desires: the desire for approval, the desire for control, and the desire for safety or survival. Another very simple way to take the first step is to ask yourself: If you're in a very frustrating situation, like arguing with someone you care about and finding yourself desperately craving their approval, ask yourself, do I want that person's approval more, or do I want tranquility more ? If you ask yourself this question, it's a simple choice. You'll definitely choose tranquility because the desire for approval is very uncomfortable, and you can deal with it this way whenever you get stuck. You can ask...

Ask yourself, what do I want more? A calm and uneventful life, or a constant craving? I think you would choose a calm and uneventful life .

The second step is to "decide that you can achieve tranquility through the release method." Every time you use the release method, you are making this decision. I can release, I can let go, I can be tranquil.

The third step is truly the essence of the release method. See that all your feelings ultimately stem from three major desires: the desire for approval, the desire for control, and the desire for safety or survival. Whatever you are doing , immediately become aware of this and immediately release the desire for safety or survival, the desire for approval, and the desire for control. When you do this, you will develop tremendous motivation. This brings us to the next step.

The fourth step is continuous release. Whether alone or with others. This is important because if you release consistently , you'll begin to see many benefits. So, releasing isn't just about setting aside time. You can release while talking, you can release at home, you can release while driving—whatever you 're doing, the desire will always arise. Use these desires as opportunities to release and become more free.

Now, the fifth step: if you're stuck, release the desire to control that stuckness. If you've been paying attention, you'll notice that Nicky and I often do this in the course, especially in the last two days. What we've been doing is that whenever you encounter difficulties with releasing, all you need to do is let go of the desire to control it, and then you can continue releasing. It's really simple, like a safety valve in the releasing method. If you let go of the desire to

control, whatever you're going through will get better; it unlocks the inner grip. Getting stuck can happen not only in life but also during releasing. Use this method to resolve it; when you doubt, let go of the desire to control it, and you'll get back on track.

Step six is: Every time you use this method, you will feel more free and happy. If you "continuously release," you will continuously become more free and happy. As you continuously use the releasing method and build momentum, you will discover many benefits, which, by the way, is the main reason we've been talking about the gains throughout the course—because this is how you validate step six. You see, yes, I feel happier, I feel lighter, things are going better, and this helps you return to step one, which strengthens your desire for tranquility. Because you see the benefits you're experiencing, you'll think: Wow, I...

I want more of this, it's amazing, I wonder how much better it could be! So every step is working. Lester Levenson, founder of the Sedona Method Institute , is a proponent of "simplicity," and he not only simplified what we've been doing for the past four days into six steps, but recently further simplified it into three steps.

So now turn the page and see your ticket to a life of tranquility.

Now, if you consistently apply these three things, you will quickly achieve tranquility. The first is to release only the three major desires. What does this mean? It means that sometimes we forget, or are controlled by our emotions. I'm not saying you should suppress your emotions, or that you should have no feelings. Of course, you will have some feelings, but when feelings arise, remember: start paying more and more attention to what you want in the present moment. Focus yourself on this desire and release it. Because the release method works quickly, it's because you release the three major desires each time. The desire for control, the desire for security, the desire for survival—this releases all limitations. It is the root of all emotions, so continuously release the three major desires, consistently release them.

Secondly, Lester Levenson often emphasizes the importance of continuous release. Therefore, consistently using this method is crucial. Whatever you're doing, we always do something about our desires, either suppressing them or expressing them, so why not let them go? You've released so far, and as you can see, you've already seen the enormous benefits you've gained. By the way, this is just the beginning, just a small, very small experience you can get from release. You've only been doing this for a little over a week, both for those of you

here and those watching on television , but imagine what it will be like in a month or a year ? If you truly release a significant number of inner desires, it's something to look forward to.

And as you can see, that's what we do in class. You might have noticed that we ask questions about release. It's getting less and less obvious; you have to learn this method at home. Unleash the tools of French self-help, and you already have everything you need to achieve tranquility. Like I've said several times in the videos, what we're trying to do in the videos is to make ourselves unemployed. What we're trying to achieve is to give you everything you need so you can reach that highest level of tranquility. Now you have everything you need to complete the journey. So, congratulations. Before I say more, I'd like to invite Ginny up to see what she has to add.

Niki : ″I really want to thank everyone here , both in person and at home, for spending four wonderful days with you. Sharing this experience with you has given you something deep inside that you can use for a lifetime. It will become incredibly beautiful, and it will continue to open many doors for you, exceeding your expectations. It's important to keep recording what you've learned. I've been doing that for the past four days. You've been doing it while learning through the videos, so keep at it. A year or two later, by recording it, you'll be amazed at how much you've improved. Yes, you'll look at it and say: 'My God!' That's what will happen then, so go and verify it. ″ Your takeaways. I think putting up reminders is also very helpful. I know someone who keeps a small card next to her computer at work that says, 'What I want right now.' She also has one on her car's dashboard and one on her refrigerator. You can do this for yourself; you can create your own reminders so that seeing them reminds you to release. Do it for yourself. Because continuous release is important, and this will help you continue to release. I just really want to thank you from the bottom of my heart; I truly enjoyed these past few days with you. I think I just wanted to tell you that I love you all.”

Haier: ″I want to say thank you for taking the time to be with us. Everyone here and at home. You've given us an opportunity to do what we really want to do, which is to share this wonderful skill with others. So thank you, and the best way you can thank us is for you to achieve 'calmness', because it's there waiting for you to realize it. We love you and hope to hear from you soon.″

Jim McMullen : **Feel free** to revisit any part of this recording. The more you use it, the more you gain from it . Keep practicing until you

know you've made it your own. As you use this material, you'll find it's the biggest investment you've ever made in yourself. Your happiness, tranquility, and all the other positive changes in your life will continue to accumulate.

I would like to thank you for taking the time to work on these tapes; our Santo Dona institution will be very grateful. Please share our information with others and encourage your friends and family to get their own copies. Please mail the final receipt form from the workbook, filled in with your name, address, and a recommendation form, so that we can officially register you as a graduate of the Santo Dona Liberation Law. Becoming a graduate has many benefits, including special discounts, eligibility for further studies, and access to current events, among others.

We regularly hold retreats at our beautiful Sedona facility in Arizona. You see views of the retreat center at the beginning of each videotape . Letting go is simple; all you need to do is let go of your desires for approval, control, and security. When you completely let go of your desires, you will be in complete control of your life and feel love for everyone.

Congratulations! The recording is now complete. Remember to send in your results form to claim your graduate rights.

San Dona Institution Retreat Center, San Dona, Arizona

Edited by: Omi

Compiled by: Yueyue

Proofread by: Jue'ai

Headquarters: Here Now